

# THE MOM & CAREGIVER™

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

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**ALL DRESSED  
UP AND NO  
PLACE TO GO**

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2021



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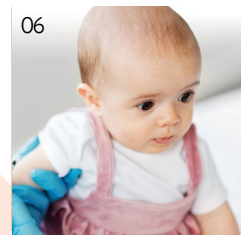
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Cain was raring to go and ready to explore when he visited the photo studio. He was donning his new hearing aid and glasses for the shoot, and loved clapping and cheering when mom sang Twinkle Twinkle.

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# WE GOT THE TEA ON SABINA'S QUARANTINE

Well, we are about one year into the COVID-19 pandemic, and we thought you might like to hear from our own editor, Sabina Manji, on how she's coping, what she's learning, what she's loving and hating, and how she's helping!

## *What is the best thing you've learned from this pandemic?*

I'm such an outgoing person and having people around me is how I thrive. So I've learned how to be alone, have quiet time to reflect and meditate, and have a stronger relationship with myself.

## *What's been the hardest part?*

Not being able to hug my friends or meet my cousin's new baby. And I miss supporting community events.

## *What has been your go-to make-at-home meal during quarantine?*

Every Wednesday I've been pulling out my Crock Pot to make soups using whatever I have on hand. I could eat that every week but my son is getting a little sick of it.

## *Where's your favourite place to order takeout?*

Marshall's Pasta, Dolcetto, Thaifoon, Currys & Grill, Fatty Patty's and Tony's Pizza are some of our faves.

## *What's been the best thing you've baked during the pandemic?*

Hands down, Chef Dev's banana bread - here's a link to the recipe so you can try it too! [www.themomandcaregiver.com/home-cooking-chocolate-chip-blueberry-peanut-butter-chip-banana-bread/](http://www.themomandcaregiver.com/home-cooking-chocolate-chip-blueberry-peanut-butter-chip-banana-bread/)

## *Have you picked up a new hobby during this time?*

No, I've not had much time for hobbies as here at The Mom & Caregiver we've been busy keeping the magazine thriving, and running our amazing Home Not Hungry initiative - you can find out more about that here: [www.themomandcaregiver.com/homenothungry/](http://www.themomandcaregiver.com/homenothungry/)

## *How are you supporting your teenager through this?*

I ask him how he's doing and I try to stay in tune with him. He's getting outside, he's connecting with friends, he's solid. He doesn't say a lot, like most teenagers.

## *What is your fave Zoom call outfit?*

I try to look really good on the top, but don't care about the bottom - maybe just PJ pants or leggings. And I'm wearing lots of hats to cover the greys! But I do feel it's important some days to get up and dress like you're heading out - that just helps to bring some normalcy to my life.

## *How are you helping local businesses during these tough times?*

We are trying our best to help small businesses through our very affordable Small Business section on our website. [www.themomandcaregiver.com/small-business/](http://www.themomandcaregiver.com/small-business/) Thank you to the community who has continued to embrace us and allowed us to help out others.



*Life's journey is not to arrive at the grave safely in a well-preserved body, but rather to skid in sideways, totally worn out shouting "Holy Shit, what a ride!"*

- HUNTER S. THOMPSON



Editorial photography  
by Flavia Zaidan  
Make-up by Sanah Zebian





# March

Celebrate peanut butter lovers' day with a nature craft.  
[www.themomandcaregiver.com/time-to-butter-up-the-birds/](http://www.themomandcaregiver.com/time-to-butter-up-the-birds/)

01<sup>ST</sup>

Even your littlest ones can make a masterpiece.  
[www.themomandcaregiver.com/paintin-with-puddin/](http://www.themomandcaregiver.com/paintin-with-puddin/)

06<sup>TH</sup>

Apparently kids can solve these – but can you?  
[www.readersdigest.ca/culture/best-riddles-for-kids/](http://www.readersdigest.ca/culture/best-riddles-for-kids/)

12<sup>TH</sup>

It's easy to teach your kiddos to cook.  
[www.themomandcaregiver.com/food-for-thought-cooking-fun-101-this-march-break/](http://www.themomandcaregiver.com/food-for-thought-cooking-fun-101-this-march-break/)

15<sup>TH</sup>

*It's the first day of Spring!*

20<sup>TH</sup>

It's Taco Tuesday – the family will love Monster Tacos!  
[www.themomandcaregiver.com/monster-tacos/](http://www.themomandcaregiver.com/monster-tacos/)

23<sup>RD</sup>

Spring has sprung with this pretty craft.  
[www.themomandcaregiver.com/nest-necklace-nestlace/](http://www.themomandcaregiver.com/nest-necklace-nestlace/)

30<sup>TH</sup>

Is it time for a family dance party?

[www.goodhousekeeping.com/life/parenting/g27078319/kids-dance-songs/](http://www.goodhousekeeping.com/life/parenting/g27078319/kids-dance-songs/)

03<sup>RD</sup>

*It's International Women's Day – Strike a "Choose to Challenge" pose.*

[www.internationalwomensday.com/SelfieCards](http://www.internationalwomensday.com/SelfieCards)

08<sup>TH</sup>

*Daylight Savings Time Begins*

*spring your clock ahead one hour at 2:00am.*

14<sup>TH</sup>

*Make green muffins for St. Patrick's Day*

[www.themomandcaregiver.com/food-for-thought-the-incredible-hulk-muffins/](http://www.themomandcaregiver.com/food-for-thought-the-incredible-hulk-muffins/)

17<sup>TH</sup>

Celebrate World Poetry Day with a poem read by Shel Silverstein.

[www.youtube.com/watch?v=28qAGZA0Itc](http://www.youtube.com/watch?v=28qAGZA0Itc)

21<sup>ST</sup>

Get yourself in a spring mood with this delicious recipe!

[www.themomandcaregiver.com/strawberry-lime-gazpacho/](http://www.themomandcaregiver.com/strawberry-lime-gazpacho/)

26<sup>TH</sup>

FASHION FORWARD  
THINKING  
FOR  
TODAY'S WOMAN



Video conferencing continues to be a big part of our lives. Whether it's keeping up with coworkers, celebrating a birthday, or enjoying happy hour with friends, it can be a challenge! Here's what to wear:

- A neckline that isn't too low but low enough to have plenty of neck between chin and blouse. And don't forget the bling!
- A blouse with a sleeve to reduce the focus on your body and bring it back to your face.
- A professional fabric that's not too shiny.
- Nothing too fitted or structured.
- A happy color or print that brightens your face.

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# IMMUNIZATION *and* YOUR CHILD

**V**accines are a popular topic right now. Most people are looking forward to finally receiving a COVID-19 vaccine. We now have hope to keep going as we move closer to having a social life again! It remains essential, especially now, that we don't forget the regular vaccines that keep us and our children healthy.

## HOW DOES A VACCINE WORK?

The active part of the vaccine is the antigen (weakened or killed bacteria or virus parts). The antigen works with the body's natural defenses by causing it to produce antibodies to fight and destroy the infecting germs. It boosts the body's immune system, like a practice run, before the body ever meets the real disease. If this immune system is exposed to the disease in the future, the body then has immune memory to launch defense. Disease is prevented or only a mild case occurs.<sup>i</sup>

## WHY IS IMMUNIZATION IMPORTANT?


Vaccines are the most effective medical intervention protecting your child from many dangerous and deadly diseases that still exist in our community. There are no cures or treatments for these diseases. Prevention is the only way to be safe. Through vaccination, we can protect the vulnerable people in our society who cannot be vaccinated or do not respond to immunization.<sup>ii</sup>

## WHAT ABOUT SIDE-EFFECTS?

Common side-effects include soreness, swelling and redness at the injection site, fatigue, headache, crankiness and low-grade fever. These are all signs that the vaccine is working! You will be asked to wait around for at least 15 minutes to ensure that serious, EXTREMELY RARE side-effects such as allergy or seizure do not occur.

You can support your child by using topical anaesthetic (ask a pharmacist), acting normally, distracting them with toys, stories or blowing bubbles, breastfeeding before and during the procedure or giving sugar water one to two minutes prior via syringe or soother. If after six hours, your child still seems uncomfortable, you can give ibuprofen or acetaminophen as directed by your health care provider. Do not give these medications before vaccination as they can interfere with the immune response.<sup>iii</sup>

## WHAT ABOUT THE COVID-19 VACCINE?

COVID-19 vaccines have not yet been studied in children and it will be some time before they will be able to receive it. Fortunately, young children have done very well throughout the pandemic.<sup>iv</sup> 

## FOR MORE INFORMATION:

- speak to your health care provider
- call the health unit at 519-663-5317
- see the resources below

[www.ontario.ca/page/vaccines](http://www.ontario.ca/page/vaccines)

[www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html](http://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html)  
[www.caringforkids.cps.ca/handouts/immunization](http://www.caringforkids.cps.ca/handouts/immunization)

Government of Canada. (2021). Vaccines for children: Deciding to vaccinate. Retrieved from [www.canada.ca/en/public-health/services/vaccination-children.html](http://www.canada.ca/en/public-health/services/vaccination-children.html)

Middlesex-London Health Unit. (2020). Vaccine Information. Retrieved from [www.healthunit.com/vaccine-information](http://www.healthunit.com/vaccine-information)

Immunize Canada. (2019). Pain management during immunizations for children. Retrieved from <https://immunize.ca/pain-management-children>

Ontario Ministry of Health. (2020). COVID-19 about vaccines. Retrieved from [www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19\\_about\\_vaccines.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_about_vaccines.pdf)



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





# A FOCUS *on* ATTENTION DEFICIT DISORDER



**D**uring normal times, March brings a much welcome break where many escape winter. This year has been anything but typical. This year, March break might be a time to spend with family, do activities at home but also a time to take stock.

I have had many families reporting that they are wondering about a diagnosis of attention deficit disorder in their children. A number of factors may have made these requests more frequent this year. The switch to online learning has been a challenge for many children and their caregivers. The absence of extracurricular activities may also have prevented many children from “blowing off steam.” Parents may be more aware of how their children learn when they are at home.


Attention deficit disorder is an often misunderstood condition. It is a very real neurodevelopmental condition and it is very

treatable. Current medications have little risk of addiction. There are three types of ADD. The inattentive type is more common in girls than boys and is often dubbed the “daydreaming” kind of ADD. The hyperactivity type of ADD is more common in boys and is associated with increased restlessness and physical activity. The third type is a combined form that has elements of both.

ADD impacts not only academic progress. Impulsivity and difficulty managing emotions also leads to difficulty in relationships. In the past, “medication holidays” were recommended but the current recommendation is to avoid these periods of stopping medication as there are social and life skill tasks that are important even during times away from school.

CADDRA is a resource alliance that educates around ADD. The first step to diagnosis is to completing scales that are used by

health care providers to assess symptoms. The SNAP-IV questionnaire is available on their website and should ideally be filled out separately by parents and teachers. The CADDRA website is also an excellent place to find information around diagnosis, non-pharmacologic treatment and medication. [www.caddra.ca/](http://www.caddra.ca/)

A delay in diagnosis also leads to loss of self-esteem and loss of time for academic and life skill progress. It is time for us to focus on considering this seriously if we notice changes in our children. 

---

*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!*





# TAKING CARE of OILY SKIN

There are four basic types of healthy skin: Normal, Dry, Oily, and Combination skin. And they are determined by genetics.

Oily skin is caused by excess sebum production and results in a greasy appearance. Did you know that 80% of people are born with oily skin? This oily skin character can easily cause issues if overlooked — anything from a mild condition such as closed comedones to severe pursual acnes to even permanent scars. Therefore, proper care for oily skin is crucial.

Let's start with cleansing. Make sure to use the right type of cleanser. There are different types of facial cleansers - gel, lotion, or cream. Usually, the gel type of facial cleanser or a cleanser with salicylic acid to prevent/treat acne is for oily skin because it has an anti-inflammatory agent. It acts as a topical anti-bacterial agent due to its ability to promote exfoliation.

*Lily Seed  
Owner/Spa Director  
Revita Medical Esthetics & Spa*

Less is better when it comes to oily skin. After cleansing, follow with an astringent with alcohol from botanicals (or even alcohol-free astringent) to help cleanse your skin, tighten pores and dry out oil. Then it's time to apply corrective serum when the skin is still damp. Moisturizer is unnecessary for oily skin, other than using a prescription such as Tretinoin cream to ease discomfort. Follow with physical SPF 15 or higher in the morning. One of the properties of corrective serum and Tretinoin cream is to speed up skin turn over. It's vital to protect the new skin underneath the flaky dead surface skin cells.

One of the most common questions I'm asked is "Can I use a sheet mask to keep my skin hydrated?" The answer is no. Oil from the skin is the natural barrier to lock in hydration for oily skin. You need to keep the skin surface dry to prevent bacteria from growing. A clay based mask with zinc and sulfur is the better choice for oily skin.

The goal of skincare is a natural glow without thick layers of makeup, especially on oily skin. Patience is a virtue. There are no overnight results. Consistency with the right skin regimen and treatments will help you get the beautiful skin you deserve.

Please feel free to reach me at [info@revitamedispa.com](mailto:info@revitamedispa.com) if you have any questions about skincare.

Remember...Relax, Regenerate, Revitalize.



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# TAKE *a* DEEP BREATH

**W**ant to feel calmer? Have a better day? Want to optimize your health and improve your performance at work and at play? How about accessing your intuition, deep meditative states, or a superpower like plunging into ice water without even flinching? Breathe! Most of us don't think about breathing, but it underlies everything we think, do, and feel. Knowing how to breathe is a game changer! Don't believe me? Softly focus your eyes on your peripheral vision (up, down and all around) and take three very slow breaths through your nose. I mean it! Stop reading and take five slow breaths right now! How do you feel? Calmer? More relaxed?

If you want to bring that sense of peace and wellbeing you're feeling right now into the rest of your life, Rule #1 is breathe through your nose. You'll feel calmer, absorb more oxygen, and alkalize your body by blowing off more CO<sub>2</sub>. You'll probably even look smarter! It's no accident that "mouth breather" is a derogatory term. To wake up rested and energized, you

might even try slapping a tiny piece of tape on your mouth (or your partner's) before bed. Rule #2 is breath like a baby, from your belly. Many of us have gotten into the habit of breathing with our chest muscles instead of our belly muscles, essentially taking half breaths all day long.



Remembering to take moments throughout the day to consciously breathe following rules #1 and #2 can have profound benefits. If you want to go deeper and explore more of what your breath can do, add some breath work to your day. You truly can't go wrong whether you choose an ancient practice like alternate nostril breathing, or a modern biohacking approach like hyperventilating for thirty breaths through the nose, followed by an exhale hold as taught by "Ice-Man" Wim-Hof. Want to go deeper still? Guided Holotropic Breathwork will help you find and heal those long forgotten childhood traumas that might still be affecting your life, or into ecstatic psychedelic spaces "au naturel" using your breath alone. No matter what you choose, always remember to breathe! You might be surprised by how often you find yourself stressing yourself out by holding your breath. 🌀

*Angie Aristone is a Medium, Flow coach, and Author. [angiearistone.com](http://angiearistone.com)*

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# FAMILY REUNIFICATION DURING COVID-19

The pandemic has caused uncertainty when determining whether a relative who is a foreign national can visit you in Canada. Immigration, Refugees and Citizenship Canada (IRCC) has launched programs to facilitate family reunification. Since October 2020, extended family members of Canadian citizens and permanent residents have been allowed to enter Canada as long as they obtain a travel authorization letter from the IRCC and follow quarantine rules. As of January 2021, any travellers to Canada must take a COVID-19 test within 72 hours of their departure time.


IRCC has outlined definitions of an extended family member who may be allowed to travel to Canada during COVID-19. According to the IRCC, the following relatives are classified as extended family members: a non-dependent child (adult child who is over 22 years of age), a sibling, half-sibling or step sibling, a grand

parent, and a grandchild. This list also includes individuals who are in an exclusive dating relationship with a Canadian citizen or permanent resident of Canada. The couple must prove that they have been in a relationship for at least one year and that they have spent time in the physical presence of each other at some point during their relationship.

As mentioned, extended family members of Canadian citizens and permanent residents have to submit a travel authorization request to IRCC. The request must be supported by documentary evidence.



Applying for a travel authorization request can be very stressful, and reuniting with a relative or a significant other is a priority for many people during these difficult times. Our Immigration Law Group will prepare and submit travel authorization requests on your relative's behalf. We will also determine whether your extended family member has to apply for a Visitor Visa or an Electronic Travel Authorization before submitting a travel authorization request.

At Siskinds, we are proud to assist families in reuniting in Canada. We go a step further for our clients by making ourselves available by phone during your relative's arrival to Canada. Do not hesitate to reach out to our Immigration Group. We are here to help! 

*Elena Ashford  
Immigration Law Lawyer, Siskinds*



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# TRIPLE THREAT

*We might call you a “triple threat” because you sing, you act and you model.  
Can you tell us about your experiences with all three of these?*

**Charlie:** All three are so much fun, but my favourite is booking photo shoots for clothes, billboard and commercials. Some of the things I love about being on set are the CLOTHES! I've had so many fun outfits to wear. I wish we could keep them all! It's hard to keep a straight face while modeling because it's so much fun. The music is great and it helps me focus and get in the mood. I've learned to listen and take direction well, even when everything is happening quickly. The camera feels like it's clicking non-stop and each time it clicks we change our body stance and our facial expression - that can be hard to do. I love spending time with other kids and people on set. We've met so many people like Christopher Plummer on a TV show, and David Bautista who plays *Drax The Destroyer* in *Guardians of the Galaxy* (his muscles are not fake, they are very real, and he's a super nice guy). I know my brother and I are lucky to have these opportunities and I'm extra lucky to work and share this all with my brother.

**Harrison:** I love to do all three but my favourite is definitely modeling. I love it because I like trying on all of the clothes and helping pick out which outfits I feel most comfortable in and which ones look best on me. I get to meet a lot of great people that are so good at what they do, and they put in so much time and effort to make me feel comfortable while on set. The music on set is so fun and keeps me moving and grooving the whole time I'm in front of the camera. I like how when we are on breaks, the food that is ordered is amazing! Sometimes it's a long day, but it's never boring. I have met so many other kids that have taught me tips and tricks that help Charlie and I get better each time we are booked.

Being part of our local theatre group in the Christmas Panto at The Elgin Theatre Guild has been a great learning experience. I learned how to be confident and trust myself in front of an audience, and how much hard work goes into attending rehearsals. Working with great people has been the best part. Everyone works together to put on a fantastic show. 🎭



*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.*



## Vitamin & Herbal Therapy Products & Information



**Jeffrey G. Robb B.Sc. Phm.**  
Owner / Pharmacist

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# SWEEPING CHORES UNDER *the* RUG?



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

Between lock downs, remote learning, working from home, and no escaping from this tempestuous winter, we've been spending a tremendous amount of time in our homes. With all this extra time in our living spaces, household chores can't be swept under the rug for too long. So if we haven't already, it's long time we get our kids involved in housework and making it a part of daily routines.

There are many benefits to kids who do chores. It's important for kids to feel like they are contributing to the household, for us to teach them life-skills, and let's face it, we can all use the help! Studies have shown that giving children chores at young ages helps to teach responsibility, self-reliance, confidence, and it sets the stage for adult successes such as completing an education, starting a career path, and maintaining healthy relationships.

When choosing chores for your kids, be sure to set them up for success and include plenty of rewards. Keep in mind their age, ability, and maturity. In our home, the boys are expected to make their own beds, help set the table, and clear their own dishes daily. Our youngest is on laundry duty (sorting, stuffing laundry machine, transferring wet clothes into the dryer) and our oldest helps with meal prep, garbage collecting, and getting breakfast ready for himself and his brother. On cleaning days, we work together and everyone gets a job they can handle. Completed work earns the boys extra screen time - their latest and most effective currency!



*If you're not sure where to start, here are some age-appropriate chore suggestions from various online sources. Give them a try and you might be surprised! 🧹*

## AGES 2-3

- Putting books/toys away
- Putting laundry in hamper
- Moving clothes from washer to dryer
- Wiping low cabinets
- Filling up pet food bowls

## AGES 4 TO 5

- Making their bed
- Sorting socks
- Helping to set/clear the table for meals
- Getting dressed
- Helping to rake leaves or shovel snow
- Dusting with a rag





**AGES 6 TO 8**

- Helping with meal prep
- Loading and unloading the dishwasher
- Folding and putting away their laundry
- Collecting garbage and recycling
- Vacuuming
- Making snacks/breakfast

**AGES 9+**

- Washing dishes
- Using the washer and dryer
- Taking trash and recycling out to the bin/curb
- Watching over siblings with parents at home
- Sweeping, mopping, dusting
- Cleaning up after pets
- Vacuuming and washing the car

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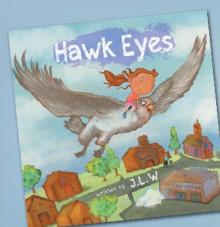
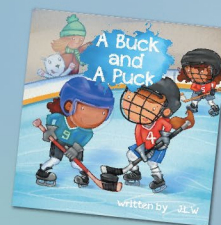
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# INFANT SLEEP - WHAT TO EXPECT

Every parent has been here. It's 3 AM and your baby has just woken up for the fourth time. As she drifts back to sleep, you try desperately to keep your tired eyes open so you pick up your phone and search "why is my baby waking up so much." You jump from one result to the next, and you are left feeling even more confused. If this is you, you aren't alone.

One of the biggest contributors to poor maternal mental health is the misinformation about what our babies should and shouldn't be doing. It is easy to become preoccupied with trying to do everything "right". When we are misinformed about normal infant development, we create our own unrealistic expectations. Since we can't meet those expectations, we are left thinking and feeling like something must be wrong with us, or our baby.

The reality is that babies, just like adults, are all individuals and "normal" can vary greatly for each baby. We all know that babies wake at night. But what we find so elusive is - WHY are they waking? Is she uncomfortable?

Is she hungry? What should I do?

Let me sprinkle some magic sleeping dust and put your mind at ease. I have put together a few of the top reasons why babies wake at night. Although, there could be other causes for your baby, here are the top culprits for nighttime waking:

## 1 THEY ARE SUPPOSED TO WAKE AT NIGHT

A Longitudinal Study of Pregnancy and Childhood by Sadler, S. (1994) surveyed the parents of 640 babies and found that:

## 2 THEY ARE HUNGRY

Even past the age of one, babies may still wake to eat once or twice, and this is completely normal. However, if your baby is wanting to eat every one to two hours all night long, then this could be a red flag.

## 3 THEY MISS YOU AND ARE LOOKING FOR YOU

Attachment is a big topic, but in a nut shell, babies are wired to want to be in proximity to their caregivers.

## 4 THEY ARE UNCOMFORTABLE

## 5 ILLNESS

## 6 UNDIAGNOSED TONGUE TIES AND BREATHING ISSUES

Remember, you are doing a great job and your baby is likely doing exactly what they are supposed to be doing. 🧡

## REFERENCES

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*Ashley Fader, MSW, is the Director of Counselling and Clinical Services & Psychotherapist at Compass Rose Wellness. Ashley has a private practice providing one on one individual therapy to her clients, has a specialization in parenting and provides parenting counseling. In addition, she is a Certified Baby-Led Sleep and Well-being Specialist, for infants to age six. She sees clients in-person or virtually.*

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# CYBERBULLYING - HOW IT AFFECTS *your* CHILD

Cyberbullying involves the use of communication technologies such as the Internet, social networking sites, websites, email, text messaging and instant messaging to repeatedly intimidate or harass others.” One in three children have seen cyberbullying. This is higher than in-person bullying. (PREVNet)

## CYBERBULLYING INCLUDES:

- Sending mean or threatening emails or text/instant messages.
- Posting embarrassing photos of someone online.
- Creating a website to make fun of others.
- Pretending to be someone by using their name.
- Tricking someone into revealing personal information and sending it to others.

Visit [www.rcmp-grc.gc.ca/cybp-cpcj/bull-inti/index-eng.htm](http://www.rcmp-grc.gc.ca/cybp-cpcj/bull-inti/index-eng.htm) to read more.

## What can you do if your child is victim to cyberbullying?

- Walk away or leave the online conversation.
- Keep track of the bullying (save a screenshot of the online message).
- Tell a trusted adult. If you don't trust anyone or need to speak with someone urgently, contact the confidential and toll-free Kids Help Phone.
- Report the bullying to school administrators.
- Report criminal offences, such as threats, assaults and sexual exploitation to the local police detachment.
- Report unwanted text messages to your telephone service provider.
- Report online bullying to the social media site and block the person responsible.

## What to do if someone you know is being bullied?

- If you feel it's safe to do so, tell the bully to stop.
- Find friends/students/youth or an adult who can help stop it.
- Befriend the person being bullied and lead them away from the situation.
- Report it to a teacher or school staff.
- Fill out an anonymous letter and drop it off to a teacher or any adult you trust.
- Ask your child to speak to them and seek adult help.
- Teach your child to stand up to bullies

## If there is bullying, nip it in the bud.

- Talk to all involved immediately. Here are a few tips before you approach another parent.
- Don't rush out. Take the time to cool down first. Wait 24 hours before you do anything.
- Focus on possible solutions and strategies.
- Collect evidence. Install apps on your children's phones - it protects them.
- Decrease phone time - this is what the mental health associations, medical professionals, teachers and psychologists are stressing.

See full article with legal details on website at [www.iparentgen.com](http://www.iparentgen.com).

Larissa Mills, B. A., M.Ed. is the founder of [iparentgen.com](http://iparentgen.com). She is a mother of three, a Parent Coach and a 4KIDS Sports & Educational Consultant.








# THE LITTLE THRIFT HOUSE



*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.* 

Lauren Reis is the creator and curator of The Little Thrift House – a local Instagram shop that provides an affordable and socially responsible way to purchase stylish clothes for your little ones. The Little Thrift House offers some new and preloved clothes NB to size 12 in curated bundles.

Lauren is a mom of three who saw limited sustainable local options for dressing her kids without compromising style. “I love to dress my kids in quality stylish clothes”, says Lauren. “However, it is hard to ignore the impact fast-fashion has on the environment. I want to raise our children to be socially responsible and I couldn’t ignore the waste my love for fashion was creating.” Lauren has two daughters very close in age and after they reached the age of two she didn’t know what to do with their outgrown clothes. “Once they outgrew them, most of their clothes were packed away in boxes and put in the basement. I thought, there has to be a way to get quality clothes that have been gently loved to other families who want to love them again.” This is where Lauren got the idea for The Little Thrift House.

The Little Thrift House’s mission is to provide families with a sustainable option for purchasing their little one’s clothes without compromising style. “We are hoping to destigmatize shopping second hand”, says Lauren. “We’re here to show shopping sustainably can be a wonderful experience! So much love and care goes into everything we do, including our packaging. Everything can be recycled again after use.”

The Little Thrift House is excited to announce their “Sell to Us” feature, a concierge-style service where they pick up, process, photo, style and sell your quality outgrown kids clothes. “We are thrilled to provide London with an affordable sustainable option for purchasing children’s clothes. As the The Little Thrift House continues to grow, we are hopeful it will have a lasting positive effect on our environment and consumer habits.” Follow along with them and shop their Instagram [@thelittlethrifthouse](https://www.instagram.com/thelittlethrifthouse) with product launches happening every Monday night at 8pm. Lauren and the Little Thrift House team cannot thank you enough for your dedication to shopping local, making sustainable choices for your family and your support! “Together, we are reducing our textile waste footprint!”



**Lauren Reis**

Owner & Curator

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







# OH NO, MY BABY'S HEAD IS FLAT!

You just had your baby, and you think all your worries and concerns have gone away! You look down at your baby sleeping in your arms and you notice their head is not perfectly rounded, there's a flat spot on one side of their head. What does this mean? Is there something wrong with my baby?

March 20 is National Plagiocephaly and Torticollis awareness day. What is plagiocephaly and torticollis and how does this have anything to do with my child? Plagiocephaly is a condition known as flat head syndrome which is when the baby develops a flattening on the back or side of the head. If left untreated, these babies may develop vision problems and asymmetries of the head and face. There are four types of asymmetrical head shapes when it comes to cranial deformities.

**SCAPHOCEPHALY:** the head is long and narrow.

**BRACHYCEPHALY:** the entire back of the head is flat. This usually occurs when a baby is


lying on their backs for prolonged periods of time (swing, car seat, DockATot or Snuggle Me Organic). Typically these babies do not usually have any facial asymmetry to be concerned with.

**PLAGIOCEPHALY:** the infant lays on one side or the other and causes one side to be flat. When this occurs there are asymmetries that usually arise. The forehead sticks out more on that side, the cheek is fuller, and the ear is further forward. With these asymmetries the child can be more prone to ear infections or lock jaw. In addition, finding a helmet, hat or glasses can be tricky when the ears are not aligned.

**ASYMMETRICAL BRACHYCEPHALY** is a combination of both plagiocephaly and brachycephaly.

Torticollis is a condition where a child's neck muscles tighten, causing the head to tilt in one direction and the child favours that side. When this occurs the child usually ends up

laying on one side of their head which can lead to cranial asymmetry.

If you are at all concerned about your child's head shape and you would like a second opinion, please do not hesitate to reach out to our office for a complimentary consultation. We would be more than happy to do an assessment and discuss your child specifically. Don't miss next month's article where we discuss helmet treatment! 



*Dawn MacArthur Turner MSc CO c, Certified Orthotist, Custom Orthotics of London Inc.  
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# THE EXTINCTION of HUGS & HANDSHAKES

Well, here we are a year later and in hindsight, the six-month emergency response plans we pulled together with the onset of COVID-19 may have been slightly short sighted.

Reflecting on conversations and interactions I've encountered with friends and family, I've noticed one consistent concern. It wasn't about government leadership, financial stability or even the concern of contracting the virus. Every single parent shared concerns on the long term affects social distancing and lockdowns will have on their children's behaviour.

I thought it a unique personality trait when I met my first COVID baby. But after meeting a few, it was obvious that all of the babies I have met born during the pandemic play strange with anyone except the household family.

Meanwhile, toddlers are being taught that hugging grandparents could put both themselves and their grandparents in danger. They look for

permission to explore new things, instead of discovery through trial and error.

Elementary students are suddenly deprived of human connected relationships with peers that teach them critical social and decision-making skills. Masks build a literal developmental barrier to decipher body language and social cues that are key at this stage of development.

Missed opportunities of first love and wayfinding peer pressure may initially sound like a win for developing teenagers. But high school is a time to build friendships and memories that will last a lifetime. Negotiating mental health while balancing loads of lost expectations seems to be sinking post-secondary students. Their independent launch into adulthood is deprived



of the experiences that define them as young adults.

Let's face it, the possibility that we are still battling COVID-19 in a year from now is highly likely. We definitely need to start being more proactive on addressing the social effects of the pandemic on our children.

It's traumatic, and trauma has a way of rearing its ugly head over and over again until it is dealt with. I'm not an expert, but the possibility that there may be an entire generation of children missing out on significant social skills may create a new pandemic – the extinction of hugs and handshakes. &

*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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# FUN DIY FOOD PUZZLES: KEEP *your* PET'S BRAIN SHARP

**F**ood puzzles engage your pet's senses, provide mental stimulation, and increase activity by taking advantage of their natural inclination to hunt for their food. You can buy special bowls at the pet store, or you can get the kids involved and DIY your own food puzzle using items you already have around the home!

## 1. TOILET PAPER ROLLS

These make great puzzle toys for cats or dogs who aren't "chewers". Cut some kibble-sized holes in the trunk of the tube and close the ends by folding them in (or glue cardboard on the end to make "wheels"). Your kitty will have endless fun rolling it around as it drops out their favourite goodies!

## 2. MUFFIN TINS

Muffin tins of all sizes work well on their own for both cats and dogs, but for an added challenge, put a ball or crinkled up piece of paper in each cavity so that your furry family member has to sniff and dig to unearth their reward.

## 3. EGG CARTONS

Similar to muffin tins, these make an excellent base for food puzzles and the possibilities are endless. You can put toys in each egg compartment, plant cat grass in some as an added obstacle, or even flip it over completely and use the bottom as the puzzle!

## 4. SILICONE MATS

Your silicone pot holder can be repurposed as a lick mat! Just flip it over and smear wet food in the grooves.

## 5. SODA BOTTLES

Run a dowel through the body of the bottle and attach it to a base so that your pet has to swing it upside down for the treats or kibble to fall out of the mouth of the bottle. This is a more challenging activity but so rewarding once they figure it out!

You can encourage your kids to find creative uses for other household items too! Just ensure that their creations are safe, with no loose parts your pet could accidentally consume. Give the new toy under supervision and remind children to always respect your furry family member's space at meal time, or any time when food is involved.

Kids and pets both benefit when they are physically and mentally stimulated. Fortunately, this indoor activity entertains and benefits both! 🐾

---

*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.*





# LIFE *with* BABY SERIES: BATCH COOKING SNACKS

Over the last months, I shared with you how I meal prepped easy and healthy meals to have on hand for life with baby. The transition into parenthood can be a steep uphill trek, so we are grateful to have these meals on hand to make life a bit easier! But these ideas can apply to someone prepping for life after surgery, or anyone readying for a busy time coming up.

This month I promised to focus on snacks and I am the snack QUEEN. I try to stick to the 'eat every 3-4 hours' philosophy of eating but lately it's been more like every two hours. Actually, ever since being pregnant and now breastfeeding, I've found myself snacking more between meals. Building and feeding a baby takes a lot of work ladies!

*Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit [www.sparknutritionandhealth.ca](http://www.sparknutritionandhealth.ca) for more information*

## SNACKS YOU CAN PREPARE AHEAD AND STORE/FREEZE

**Trail mix** This one doesn't need a recipe! You can make it your own using your favorite nuts, seeds and dried fruit. Pick up your faves, throw them together in a bowl, mix and store in an airtight container in the pantry or in the fridge. Here are some suggestions to pick from: almonds, walnuts, pistachios, peanuts, cashews, Brazil nuts, sunflower seeds, pumpkin seeds, apricots, banana, mango slices, apples, dates, figs, cranberries, raisins.

**Energy balls** – Yummy! These are super easy, and very versatile. Check out Jen's different adaptations of this recipe at the bottom on the link.

[www.nutritionrx.ca/energy-bites-no-bake/](http://www.nutritionrx.ca/energy-bites-no-bake/)

**Carrot oatmeal muffins** – These make great snacks and warm up quickly in the microwave if kept frozen. I like to cut in half and spread on a bit of peanut butter.

[www.yummymummyclub.ca/blogs/paula-roy-whole-foods-in-half-the-time/20150820/healthy-carrot-oatmeal-muffin-recipe](http://www.yummymummyclub.ca/blogs/paula-roy-whole-foods-in-half-the-time/20150820/healthy-carrot-oatmeal-muffin-recipe)

## OTHER QUICK AND EASY SNACK IDEAS

**Veggie bucket & hummus** – Prep your favorite veggies on the weekends so you have a healthy snack that's easy to grab-and-go throughout the week. Veggie suggestions: green or yellow beans, bell peppers, broccoli, cauliflower, carrots, cucumber, radishes, red or purple cabbage, snow peas, sugar snap peas, cherry or grape tomatoes, zucchini.

**Hard-boiled eggs** – As mentioned last month, 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.

**Fruit and yogurt parfait** – Berries are easy to keep in the freezer. Microwave when ready to eat and add to plain, lower fat Greek yogurt with a couple tablespoons of whole oats or your favorite granola. 🍓







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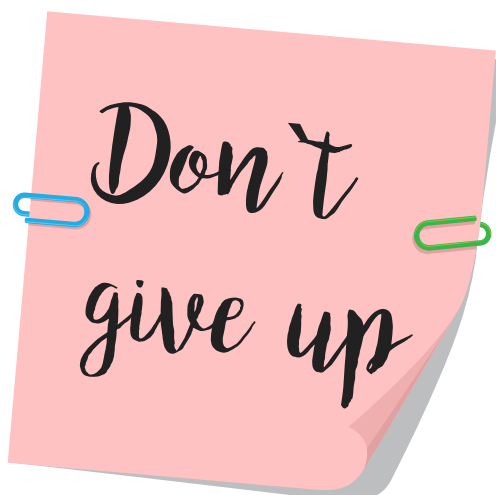
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# THE YEAR YOU DON'T GIVE UP

So, it's March and I'm guessing by now your New Year's resolutions have lost their spark and the flame has dimmed substantially, or perhaps, it may have even been extinguished completely. The reality has set in, your motivation evaporated as if it hadn't existed to begin with, and you're back to being the same person you've always been. That would be fine and dandy if you accepted your circumstances, wanted to remain the same and didn't set those goals in the first place. The fact that you've made a resolution and set your intentions at the beginning of the year means you have a burning desire to change your life. I'm here to remind you that the intentions you set for yourself at the beginning of this year are still possible! If you want to achieve different results, you have to be willing to do things differently and that means finding the strength to pull yourself back up and get back on track when your motivation is dwindling.

No one else cares about your goals and dreams more than you do, and that means you're solely responsible for making them happen. You're the only person who has the power to change your life, stop being a victim to your circumstances and start being relentless in the pursuit of achieving your dreams!

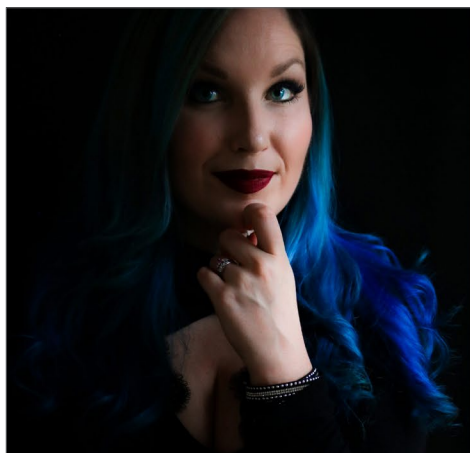


## HERE ARE MY TOP 3 TIPS FOR GETTING BACK ON TRACK QUICKLY:

- 1 Give yourself some grace for not being perfect,** but also love yourself enough to start the journey again tomorrow. Giving up completely is not and should not be an option.
- 2 Surround yourself with successful and goal-oriented people.** Increase time spent with positive and uplifting people who will cheer you on and inspire you to keep going. We're stronger together!
- 3 Have strong enough reasons why you're on this journey** and remind yourself of them daily. Your 'why' must be stronger than your 'but'.

I've got your back! I'm here to remind you to prove yourself wrong this year and show up for yourself in a way you've never done before! I have one question for you: What if this was the year that you didn't give up? 🍪

Rebecca Hamilton, Owner, Chick Boss Cake



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# ESTATE SALES 101

## HOW TO SELL YOUR LOVED ONE'S HOME

At some point in our lives, we will be faced with the death of a loved one. When named as an estate administrator (trustee), there are important considerations for selling a property. First, let's clarify the meaning of the following terms:

**POWER OF ATTORNEY:** document giving power to handle property while one is away or incapacitated. Powers of Attorney die with the person.

**WILL:** document appointing trustee(s) of and the way in which one's estate is distributed after death.

**ESTATE:** all property owned by a person at their death.


**DEATH CERTIFICATE:** document prepared by funeral home with all pertinent information.

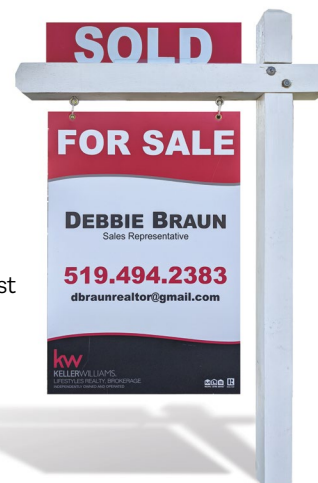
**PROBATE:** document issued by the court proving a Will and giving trustee(s) authority to deal with the Will.

The first step as trustee is to meet with an estate lawyer. Lawyers help obtain probate (if necessary), transfer title and administer the estate. They will also recommend a trusted realtor.

If an elderly loved one is considering selling, there has never been a better time to sell than right now. Low interest rates, lack of inventory and a growing number of buyers means multiple offers and high prices. Our current seller's market is moving extremely quickly even if a home is not updated. However, if you are looking to maximize the payout for beneficiaries (or to subsidize long-term care) you may want to consider everything from painting and staging the home to full kitchen and/or bathroom renovations. Your realtor will help you formulate a plan that works for everyone and refer you to other professionals.

Prior to listing the home for sale, the Death Certificate must be registered on title and an application for probate filed with the court. An experienced agent will know the correct verbiage to insert into the agreement to protect all parties should probate not be granted prior to the closing date. Your estate lawyer will notify the court when the property is sold so probate may be expedited.

Please always seek the advice of professionals who are experts in estate law and real estate to enable you to make the best choices for your family. For more information, feel free to contact me. 



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