

# THE MOM & CAREGIVER™

APRIL 2021  
VOLUME 23 ISSUE 4

www.themomandcaregiver.com

**DISCIPLINE  
MISTAKES  
DADS MAKE 12**

**TIPS FOR  
BEDTIME IN THE  
DIGITAL AGE 15**

**YUMMY  
LACTATION  
COOKIES 20**

**THERE'S  
NO-BUNNY  
CUTER!**



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EDITORIAL 04  
Feeding Baby Feeds our Souls

05 EVENTS CALENDAR  
April

AS THEY GROW 06  
Family Time in Springtime!

07 THE NEXT STAGE  
Earth Day/Health Day

REVITALIZE YOU 08  
Improve Your Skin's Health!

09 GO WITH THE FLOW  
The Benefits of a Morning Practice

PRO BONO BRIEFS 10  
Can I Paint myHouse Bright Pink?

11 KID ZONE  
Putting Your Best Paw Forward

FRANKLY FATHERHOOD 12  
Common Discipline Mistakes Dads Make

13 DESIGNING WOMAN  
How to Find your Personal Decorating Style

YOUR PARENTING COMPASS 14  
Why are Prenatal Classes Important?

15 TECH TALK  
Tips for Bedtime in the Digital Age

BIZ SHOWCASE 16  
Security Concepts

17 ONE STEP AT A TIME  
Cranial Helmets

TMI 18  
The Saving Gene

19 PET FRIENDLY  
Your Dog's Annual Heartworm Test

FOOD FOR THOUGHT 20  
Life with Baby Series: Lactation Cookies

21 SPECIAL EASTER RECIPE  
Pretty Easter Pull-Apart Bread

HAVE YOUR CAKE AND EAT IT TOO 22  
Top Tips for Taking the Plunge

23 GET ON THE MOVE  
Starter Homes vs. Forever Homes



## ON THE COVER

We challenged mom with the tough task of finding Easter chocolate in November, and she came through. And guess what? **Zazie** found her first time eating chocolate was just delicious! Good thing mom bought two - Grandpa ate the first one.

Photographer  
Photostylists

One-12 Photography  
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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# FEEDING BABY FEEDS OUR SOULS

“As mothers, we don’t always get to decide how we feed our babies. It’s simply our job to feed them.” (Colleen Olson) Breastfeeding, formula-feeding, bottle-feeding, tube-feeding and combo-feeding are all best options to meet your babies’ unique feeding needs.

We are honoured this month to share a recipe from brand new mama and nutritionist, Jenn Giurgevich. She explains that her yummy lactation cookies (they have dark chocolate chunks!) are great for all “feeding mamas out there who are looking for a sweet treat in between feeding, burping, and changing all those diapers!” (page 20) The added bonus to breastfeeding mothers is the addition of oats, flax seed and brewer’s yeast which have been anecdotally found to help with milk supply.

All this talk of feeding babies took our assistant editor Melissa back about 15 years. She breastfed each of her two daughters for the first year of their lives, and despite night feedings, bites and bouts of minor infections, she enjoyed feeding time very much. She recently shared a funny story of breastfeeding her youngest daughter. With her hands obviously full, and with a runny nose, Melissa asked her older daughter, then 2 ½ years old, to help her out by bringing her a Kleenex. The preschooler confidently walked into the bathroom a few rooms over, and came out proudly with a “tissue” in hand. She had taken the end of the toilet paper and pulled, stretching the roll all the way down the hall and all the way to mom feeding baby on the couch. Definitely one of those laugh/cry moments that are so common during early motherhood.

Soon-to-be mamas will also want to read “Why are Prenatal Classes Important?” from Childbirth Educator Rebecca Robertson (page 14). One sentence says it all for me. “When you are prepared with knowledge of things to expect, it will make it much easier in the moment.”

Parents of older children won’t want to miss “Tips for Bedtime in the Digital Age” on page 15. From using an old school alarm clock to exercising regularly, you’ll love these ideas for sending the kids off to dreamland.

Lastly, check out this issue to celebrate everything April brings. You’ll find a fun and pretty recipe for Easter Pull Apart Bread (covered in sprinkles!) on page 21 and mud-pie kitchen plans for Earth Day on our Events page. We truly hope this issue puts a “spring” in your step!



Editorial photography  
by Flavia Zaidan  
Make-up by Sanah Zebian



Spring is nature’s way of saying  
“Let’s party!”

- ROBIN WILLIAMS



# April

Time to dye eggs!  
[www.themomandcaregiver.com/dying-eggs/](http://www.themomandcaregiver.com/dying-eggs/)

01<sup>ST</sup>

Heartaches String Band,  
 7:30 pm, online concert,  
[www.aeolianhall.ca/events/heartachestringband/](http://www.aeolianhall.ca/events/heartachestringband/)

02<sup>ND</sup>

Happy Easter!

04<sup>TH</sup>

Imagination Station @ Home:  
 Spring Flowers  
[www.museumlondon.ca/programs-events/event/5846/](http://www.museumlondon.ca/programs-events/event/5846/)

06<sup>TH</sup>

It's National Beer Day -  
 celebrate with these special  
 mom-and-dad-only cupcakes.  
[www.hgtv.com/lifestyle/entertaining/beer-cupcake-recipe](http://www.hgtv.com/lifestyle/entertaining/beer-cupcake-recipe)

07<sup>TH</sup>

Struggling with lunch ideas?  
[www.themomandcaregiver.com/sabrinas-lunchbox-pinwheels/](http://www.themomandcaregiver.com/sabrinas-lunchbox-pinwheels/)

11<sup>TH</sup>

Imagination Station @ Home:  
 Pop-Up Tutorial,  
[www.museumlondon.ca/programs-events/event/6780/](http://www.museumlondon.ca/programs-events/event/6780/)

15<sup>TH</sup>

It's rainy, it's pouring, your kids  
 think life is boring. Try an easy  
 science experiment.  
[www.parentingchaos.com/rain-cloud-jar/](http://www.parentingchaos.com/rain-cloud-jar/)

18<sup>TH</sup>

Make this yummy spring soup!  
[www.themomandcaregiver.com/creamy-asparagus-soup/](http://www.themomandcaregiver.com/creamy-asparagus-soup/)

21<sup>ST</sup>

It's Earth Day - build a mud-pie  
 kitchen for your little nature nut!  
[www.tinkertab.com/fine-tuning-the-mud-kitchen/](http://www.tinkertab.com/fine-tuning-the-mud-kitchen/)

22<sup>ND</sup>

Inspired by Nature  
 Virtual Exhibit,  
[www.eldonhouse.ca/inspired-by-nature/home/](http://www.eldonhouse.ca/inspired-by-nature/home/)

23<sup>RD</sup>

I love turning a dessert  
 into breakfast!  
[www.themomandcaregiver.com/breakfast-apple-crisp/](http://www.themomandcaregiver.com/breakfast-apple-crisp/)

26<sup>TH</sup>

Turn your sidewalks  
 into masterpieces.  
[www.themomandcaregiver.com/chalk-it-to-me-baby/](http://www.themomandcaregiver.com/chalk-it-to-me-baby/)

29<sup>TH</sup>



FASHION FORWARD  
 THINKING  
 FOR  
 TODAY'S WOMAN



One of the big fashion trends this spring is what cabi calls Outside the Lines. It is a proud statement of individuality, letting you bring your inner confidence to the forefront. It is pushing the limits and thinking outside of the box when it comes to pulling together your outfit.

- Wear a dress as a lightweight topper over denim.
- Mix patterns and colours - pair that zebra print jogger with stripes or a vibrant solid.

This trend means learning something new about yourself, so mix those bold hues, layers and prints and stray away from the beaten path! You might even surprise yourself!

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# FAMILY TIME *in* SPRINGTIME!

During a time when it feels like everything has changed, it is even more important to show love for your child by being engaged with them and providing a routine. Physical distancing and isolation are affecting children's mental health and development. Most of the people they see are wearing masks, which make it hard for children to learn facial expressions and communication skills. There are also restrictions around play which limit playmates to those in their house<sup>1</sup>. That's why it's so important that we take the time to play with our children!

## ATTACHMENT

Playtime should be quality time. Put those phones away! When you pay attention to your child, they feel loved and safe which helps them thrive. Here are some tips to nurture your relationship with your child:

- Cuddle
- Respond to their needs
- Play with them
- Encourage them

## References:

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Submitted by Julia St.Pierre, Nursing Student, for the Middlesex-London Community Early Years Partnership

## SELF-CARE

Understandably, stress levels have increased during the pandemic. So much is unknown and constantly changing. Children are affected by their parents' stress levels<sup>2</sup>, so it's important to take care of you! Here are some tips for reducing stress that can be used by the whole family:

- Listen to music
- Eat healthy
- Get enough sleep
- Exercise<sup>3</sup>
- Spend time outdoors<sup>4</sup>

## OUTDOOR PLAY

Playing outside is good for the entire family's physical and mental health! Studies have shown that spending time in nature can reduce stress<sup>4</sup>. Round up the household and try some of these outdoor spring activities!

- Dress for the weather! Ensure your child has a waterproof and wind-resistant jacket, comfortable shoes (or rainboots for rainy days) and a wide-brimmed hat<sup>5</sup>.
- Splash around in puddles
- Grab some chalk and make a masterpiece
- Create an obstacle course
- Take a walk in nature<sup>6</sup>

## PLAYING SAFE DURING COVID-19

COVID-19 is still here but that doesn't mean we have to cancel all our plans; just modify them! Here are some tips for staying safe while playing outside:

- Bring hand-sanitizer and wash your hands before and after using play equipment
- Choose a space that isn't crowded
- Maintain physical distancing from those outside your household
- Bring masks. They are only required if you're within six feet of someone from outside your house and are not recommended for children younger than two<sup>7</sup>.

You may have to pack a few extra items but there's still lots of fun to be had! Get the family together and enjoy some quality-time in the great outdoors.

Here are some websites to explore about active, outdoor play in spring:

- [www.activeforlife.com/activities/](http://www.activeforlife.com/activities/)
- [www.outdoorplaycanada.ca/](http://www.outdoorplaycanada.ca/)
- [www.participaction.com/en-ca/benefits-and-guidelines/early-years-0-to-4](http://www.participaction.com/en-ca/benefits-and-guidelines/early-years-0-to-4)



# EARTH DAY/HEALTH DAY



We live on a beautiful planet. With its majestic mountains, oceans of unknown depth and deep forests, the Earth offers endless vistas to explore and marvel at. April 22 marks Earth Day and it is a time for us to remember to take care of this planet. It is also a time to remember that caring for the health of our planet is also central to caring for our own health.

In her TED talk at TED Montreal, emergency room physician Dr. Courtney Howard reminds us that a healthy planet is pivotal to healthy people. Climate change is impacting human health in many ways. Flooding, drought, famine and natural disasters have created “climate refugees”. Displacement and conflict have resulted from these mass migrations.

One billion people, or one seventh of the Earth’s population, face food scarcity due to disruption in global food supply.

There are no boundaries when it comes to climate change. Water, air and soil pollution cannot be limited by geographic and economic boundaries. In fact, the Lancet, a prestigious medical journal, has called climate change the 21<sup>ST</sup> century’s greatest health crisis.

We can all make small changes that have far reaching benefits to the health of the planet. We can become more mindful of our addiction to fossil fuels. Walk, bicycle and avoid unnecessary driving. Reduce your carbon footprint. Shift to a diet that has a greater proportion of plant based foods. Hold corporations that do not take their responsibility to the environment accountable. Make elected officials accountable. Climate change is not a done deal. It is not a fatal diagnosis. We can find a cure.

Taking responsibility for the Earth’s health is really an extension of taking responsibility for our own health. 

*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!*



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# IMPROVE *your* SKIN'S HEALTH!

Ever since Eve took that first bite of the apple, the human race has been obsessed with beauty. The truth is, once you hit your mid-twenties, you are now in the aging process. So it is essential to take measures to prevent fine lines and wrinkles.

Every day we are bombarded with commercials and beauty tips trying to lure you into believing that the most recent miracle drug is just what you need to fight the ravages of Mother Nature. But the best route to natural beauty and healthy skin is to take care of what you have. It sounds simple. The reality is that your skin takes a beating from the environment every single day. Here are some of our favorite beauty tips for keeping your skin fresh and healthy.

**1 Stay hydrated** - drink plenty of water! That does not mean soda, caffeine, or any other type of liquid. Soda has a high

concentration of sodium which retains fluids. You need a liquid that will hydrate and flush your body free of toxins so drink at least eight glasses of water a day!

**2 Protect your skin from harmful ultraviolet (UV) rays.** We all love the sun. We love being in it, and we love having a beautiful tan. But UV rays cause skin cancer, and if that isn't bad enough, it causes your skin to age faster than it should, contributing to unsightly wrinkles. If you love to be in the sun, make sure you are using adequate sunscreen.

**3 Keep your skin clean.** Wash your face every day, especially before bedtime, and apply masks suitable to your skin type one to three times per week. Your skin deserves some TLC.

**4 The best cure for wrinkles is never to have them in the first place!** If you are like most of us, you didn't listen to your Mom when she told you to stay in the shade, stand up straight and stop squinting.

**5 Eat healthily.** Knowing how and what to eat can make a huge difference in how you feel. Improper eating habits can cause depression, weight gain, illness and lethargy. Weight gain can cause your skin to stretch, and as you get older, it loses its elasticity and sags. So maintain a proper weight and add fruits and veggies to your diet.

Please feel free to contact me at [lseed@revitamedispa.com](mailto:lseed@revitamedispa.com) for any skincare questions. I will be happy to help you find the answers to your skin's needs. ☺

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# The **BENEFITS** of a **MORNING PRACTICE**

When we wake up and immediately go to social media and email, we force our brain to move into a Beta brain wave. In Beta, our active awareness is directed toward the outside world. Beta waves are present during stress, worry, fear, anger, anxiety, addiction, irritability, moodiness, and depression. Beta waves are also present with excessive mind chatter and self-destructive impulses. Too much time in Beta weakens your immune system, and because we spend too much time in a Beta state we tend to mistake it for our conscious mind and our

concept of self. To be honest, it's our worst expression of self.

When we wake up in the morning we have a choice.

We can choose a Beta wave OR we can choose

more soothing connected brain waves like Alpha or Theta. If instead of going straight to our phone when we wake, we choose to entertain some breathwork or yoga and meditation, we shift our morning brainwaves into Alpha and, depending on your proficiency, Theta. When we choose to alter our brain waves away from Beta, it's like tuning a guitar before you play a song, making the music of the day much more pleasant. A morning practice is just that. It can function as a tuning fork for your day.

So what's so different about an Alpha brain wave? Here's what Alpha offers:

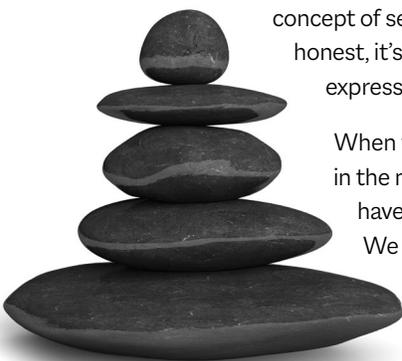
- We experience Alpha waves when we are focused yet deeply relaxed.
- Thoughts are dreamy, associative, and flowing.
- Alpha shows up when we are relaxing, in light meditative states, or walking in nature.
- Alpha waves bring an effortless sense of comfort, harmony, and happiness.
- It's a relaxed, alert, perceptive state -

it feels profoundly peaceful compared to Beta.

- Alpha states help block the stress of being in Beta from crippling our immune system.
- Alpha has been associated with "peak performance".
- In Alpha, we learn, process, memorize, and recall large sums of information quickly with peak effectiveness.
- Alpha waves make the brain act young again.
- During Alpha, fears, habits and phobias fall away.

Your phone will be there when you're finished. You have a hand in the mood and state you bring into your day, and it all starts with a morning practice. I hope you'll give it a try. 

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




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# CAN I PAINT MY HOUSE BRIGHT PINK?

Before municipal zoning by-laws existed, restrictive covenants were used to control development. If Susan owned a large parcel of land and sold a piece to Jason, Susan may have required that Jason promise in a contract not to use the land for industry. The courts later recognized that this restriction did not apply only to Jason, but to anyone after Jason, such as subsequent owners of the land. The courts recognized the doctrine that both the benefit and the burden of that restrictive covenant (not using the land for industry) between Susan and Jason would “run with the land”.

A restrictive covenant is simply a contract between two landowners. The landowner who obtains the benefit under this contract is called the Covenantee, who is anxious to maintain the saleable value of the property.

The Covenantee acquires the right to restrain the Covenantor, the landowner who assumes the burden of the promise, from putting the burdened land to certain specified uses.

One of the most important requirements of a restrictive covenant is that it must be negative in nature. A positive requirement, such as you must paint your house bright pink, would typically not be enforced by the courts because the courts will not force you to do a certain thing with your land; however, a covenant that you will not paint your house bright pink may be enforceable. It can't just sound restrictive, it must actually be restrictive. If you can comply with the restriction by not doing anything, but if you do something it must be done in a certain way, the restriction is likely restrictive.

Restrictive covenants are also present in most new subdivisions. They affect every lot in development.

Everyone owning land in that subdivision possesses a common interest to preserve the character and value of all the land in the subdivision.

Unless you actually sign the contract yourself, all restrictive covenants would be found on title to your property. Ask your lawyer about any restrictive covenants that may be affecting your property before you decide to purchase a home, or paint your current home bright pink. 🏠

*Matthew Wilson,  
Real Estate Lawyer, Siskinds*





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# PUTTING YOUR BEST PAW FORWARD

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.

## Tell us everything you can about your pets!

**Charlie:** When we were little we had two dogs, Gibson and Henry. They were Whippets. Whippets are like Greyhounds only smaller. You don't see many of them around. They are pretty chill in the house but as soon as they get outside they are hunting. Gibson was athletic - he could climb our backyard fence and was the fastest thing you've ever seen. We now have two cats, Monty (also called Thunder Mittens) and Hazel. Monty lives to hang out on my bed and Hazel likes to sleep with me.

**Harrison:** Well first of all, we used to have two dogs, Whippets named Henry and Gibson. Henry was brindle and white, Gibson was grey or what they call Blue in the animal world. Whippets are one of the fastest dogs in the world. In the house they acted like cats, quiet and they didn't bark much. When we came home from the hospital, they slept under our crib and would wake our parents up if we made any noise. Mom and Dad didn't need to use a baby monitor. After they passed away, we got two kittens for our 5th birthday - brother and sister cats named Monty and Hazel. Hazel barely makes a sound but I call Monty Sir Meows-A-Lot. They are the softest cats ever!

## Why is helping animals important to you?

**Charlie:** Animals are not like us. They don't have a voice to say help when they need it. So it's important to learn about them and their needs and speak up for them if they are being treated poorly. They bring happiness to our world and we have to treat them well. For those living in the wild, we need to protect them so they will be around for many, many years to come.

**Harrison:** Helping animals is important because there are many animals that aren't looked after properly and they need someone to be kind to them and look after them. Animals bring happiness into most people's lives - it's the least we can do to love them back and treat them with respect.

## What do you do now and what would you like to do in the future to aid animals?

**Charlie:** It's important to keep animals living in their natural environment. One day I would like to work in a Provincial Park or National Park as a Jr. Ranger where I could make a difference for the animals living there by helping to save their environment.

**Harrison:** When I'm old enough I would love to volunteer at some kind of shelter for dogs or cats. I love being around animals - it makes me a better person for spending time with them because they are so loving.

## What do you think animals think and feel?

**Charlie:** I think animals have feelings and think like people. They live by their instincts but they care for and love their family and their homes.

**Harrison:** I think animals are so smart. Our pets seem to know when I need some comfort and attention. They seem to bring me out of a bad mood. I think most animals, if treated well, are curious and love being around people. 🐾





# COMMON DISCIPLINE MISTAKES DADS MAKE

My fellow dads, we're all too familiar with the following scene. The anticipated weekend is finally here. You've poured your cup of coffee, taken a sip, and while a delusional part of you still equates weekends with leisure and rest, you're jolted into your reality by the sounds of your kids yelling and fighting. You know you have to intervene and you know your coffee will be cold by the time you're done. So what's your first move?

Many of us were raised in a household where discipline from dad involved yelling and physical punishment. The "wait until your father gets home" generation only instilled fear and shame rather than correcting unwanted behaviour. Now we're faced with the challenge of finding ways to discipline our children without resorting to the hurtful ways we grew up with. Inevitably, we will make mistakes. Here are some of the common mistakes we dads tend to make and some advice on how to overcome them.

## LOSING YOUR COOL

When angry, my immediate reaction is to raise my voice. I am guilty of yelling to startle my kids into compliance and regrettably, it created an environment where yelling is okay. Often times, nobody is really hearing the message or knows why the shouting started in the first place. When I catch myself about to boil over, I try to take a few fist-clenching seconds to myself and respond in a calm, yet stern, approach. It will take a lot of practice but the results are much better.

## BRIBERY

"If you stop hitting your brother, we'll go out for ice-cream." All this teaches kids is that they'll be rewarded if they misbehave and then change their behaviour. What we want is for them to act appropriately the first time, so try to praise and reward good behaviour as soon as you see it. In our home, when the boys are caught being kind to one another, we'll all have a treat together and remind one another how good it feels to make the right choice.

## INCONSISTENCY

Not cleaning up the toys strewn across the floor is either met with indifference (I don't care anymore), extremism (here comes the garbage bag), or defeat (you clean it up yourself, grumbling the whole time). Inconsistency is confusing for kids and they don't know what you expect. If there is a repeat offence in your household, come up with a consistent and clear consequence. For us, favourite toys are taken away and can be earned back when the behaviour is improved.

## UNCONNECTED CONSEQUENCES

If we want our kids to learn from their mistakes, the punishment should fit the crime. If your child throws their dinner plate off the table, sending them to their room doesn't really teach them anything. Instead, supervise them cleaning up the mess. A connected consequence allows kids to see that their mistakes have direct results.

## SHAMING, GUILT, AND WITHDRAWING LOVE

Guilt trips and shaming never work and create emotional distance between you and your child. When they mess up, it's important for us to remind them that it's their behaviour and their choice that we're upset about, not themselves. We can always make better choices and we can always learn from our mistakes. Remind them often that you will always love them and that you know they will try harder and do better next time.

Kids who misbehave are often just searching for ways to have greater control over themselves and their environment. "All choices have consequences" is a message we try to repeat often to our boys. It puts the onus on them to self-regulate and empowers them to make better choices. They are reminded that poor choices are met with negative outcomes, and that good behaviours are equally noticed and rewarded. 🧡

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





# HOW TO FIND YOUR PERSONAL DECORATING STYLE

## LOOK IN YOUR CLOSET

The way you like to dress often says a lot about what kind of space you will love! For example, people who stick to button-ups and pencil skirts are not likely to be drawn to floor cushions and hammocks. And someone who mostly lives in shorts and T-shirts is not likely to love an edgy, modern design.

Some people dress primarily for comfort or for utility, while others' main goal is to make a bold statement. Some want to come across as approachable, others want to dress to impress! Some people might dress to accommodate an outdoorsy lifestyle with active hobbies. Your interior design style should reflect your lifestyle, hobbies, favorite colors, and even your values, just like your wardrobe does.

*Sarah Atiq  
Principal Designer,  
Sarah Atiq Interiors*

## LOOK AT YOUR INSTAGRAM AND PINTEREST FEEDS

Social media accounts, particularly visual ones like Instagram or Pinterest can be a convenient way to sum up your style and taste. First, there are the selfies. We all tend to post pictures of the outfits we feel good in and feel the most comfortable in, and an Instagram feed makes it easy to see that briefly. But even when we are just posting pictures of other things we find interesting and inspiring, we can get insight into what we like, what we value, and what we want to project to others.

If your feed features pictures of flowers, clouds, and trees, that might mean you would appreciate more organic elements in your spaces, such as wood, water, and plants. Images of cityscapes, angles and geometric patterns might indicate that you would like a

more industrial or modern decor. And pics of glamorous outfits and nightlife can indicate that you might love a room with a Hollywood Regency vibe!



## GET IN TOUCH

Although you are the only one who can truly decide which style will be the best fit for your home, designers such as myself can help expertly guide you through the process of identifying your personal style. I sit down with each new client long before a project begins and have a conversation with them that can help me get to the bottom of which style will suit them the best! 🌿

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# WHY ARE PRENATAL CLASSES IMPORTANT?

Many expectant parents wonder if taking prenatal classes is worth it. Knowing what your options are is invaluable to your birth and breastfeeding experience, and doing the groundwork of learning lays the foundation for you to build on.

**Here are three reasons to attend a prenatal class:**

**KNOWLEDGE REPLACES FEAR.**

Fear? I get it. I too have been told impactful stories about birth. I too was told that breastfeeding hurts (it shouldn't by the way). I too experienced fear of the unknown when I was expecting my first baby. It can be very overwhelming, but it is natural to feel that way about any unknown. The more we know, the more we can ease those fears. When you are prepared with knowledge of things to expect, it will make it much easier in the moment. Knowledge helps dispel the fear of the unknown.

**IF YOU DON'T KNOW WHAT YOUR OPTIONS ARE, THEN YOU DON'T HAVE ANY.**

How much time did you spend researching which breast pump to buy? Did you compare different pumps to see which features would suit you best? What about that Haakaa pump, pretty nifty right? If you had done no research at all then you would have no idea that there are so many to choose from. Taking a class can help you begin to wade in the waters of the options available. A real person right in front of you with tons of knowledge is eager to answer all your questions. This is a person who can help you learn "how" to ask questions so that you feel confident in the decisions you are making.

**EMPOWER YOURSELF AND LEARN TO TRUST YOUR BODY.**

Birth is an experience like no other. Spending time learning about the process of birth, and what it is that your body and baby are doing



will inspire you to believe you can do it. When you change the way you view birth, the way you birth will change. Your mindset and the groundwork that you do set the stage. Let's fill you with positive thoughts, positive views and lots of knowledge. 🌸

*Rebecca Robertson, BA, Doula, Breastfeeding Counsellor, Childbirth Educator at Compass Rose Wellness Centre started her path to perinatal support at the Canadian College of Naturopathic Medicine. There, she learned how passionate she was about supporting families as they grow. She also studied breastfeeding support at the International Breastfeeding Centre and has attended two different doula training courses. She continues to learn every day.*

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# TIPS FOR BEDTIME IN THE DIGITAL AGE

Sleep is how our body relaxes, cleans itself and heals itself. But most importantly, the brain needs to pass through REM sleep each night in order to help us feel at our optimum. Kids are staying up later than ever before. Bedtime routines are a major factor in preventing mental health and the ability to manage feelings during the day. Teachers and coaches are observing the lack of energy and eagerness to learn in children at school and in sports. Psychologists and Psychotherapists have voiced their concerns about how children's nervous systems are being overstimulated, making it harder for them to sleep.

## HERE ARE 8 TIPS TO HELP AT BEDTIME:

- 1 Put an alarm clock in their room. This leaves no room for argument for a phone to be in their rooms. Leave phones on the main floor or at a docking station.
- 2 Install control apps to shut down an hour before bed. Kids' frontal lobes are not developed enough for them to decide if
- 3 they should get off their phones.
- 3 No phones or technology in their rooms PERIOD. This includes parents too. Your sleep will be far more efficient for repairing YOUR body and brain for the next day.
- 4 Exercise or have outside time for 2-3 hours a day. Incorporate walking to and from school. This helps relax minds before bed.
- 5 Start your routines an hour before bed. Set the time your child should go to bed. I suggest starting with snacks, jammies, teeth, quiet time (books, talking, journal writing), snuggles, saying I love you and sneaking in a mantra or two before bed. For example, "I am fast, I am strong, I have superpowers" or "I am a problem solver". Kids that say mantras before bed develop self-esteem and resilience because of "self talk".
- 6 Parents that stay in their children's rooms until they fall asleep give their child security.



- 7 Teaching kids how to fall asleep without technology is imperative in preventing phone addiction and teaching them healthy sleep habits for life.
- 8 Older kids (13 and older) can go to sleep between 10-11pm if they are getting up at 6:30am. This age needs more of a routine and someone checking in on them.

Learn how in these courses. <https://iparentgen.com/product-category/online-video-courses/self-talk/>

*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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Established in 2005, Security Concepts specializes in providing premium and cost effective security solutions across Southwestern Ontario for both residential and commercial clientele.

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With a vast offering of security solutions for their client's home or workplace, Security Concepts aims to be a partner in protection for any application. As a client and partner of Security Concepts, you will always receive the personal attention of their management team. Their mission is to maintain a close working relationship with their clientele and develop custom solutions to fit their individual needs.

Security Concepts believes that the difference between them and their competition is quality and compassion. They employ some of the best security professionals in the business who have been developed with high standards and expectations. They have become an industry leader by developing unique solutions to help protect what matters most to homeowners and businesses. Security Concepts is dedicated to performance, integrity and excellence in all that they do, which has enabled them to build their growing list of satisfied clients.

For more information or for a complementary security consultation (in person or virtual), please contact them at **519-642-0444** or [info@securityconcepts.ca](mailto:info@securityconcepts.ca).





# CRANIAL HELMETS

## WHAT DO THEY DO AND HOW DO THEY WORK?

“I know my baby needs a helmet, but I’m nervous and I do not know what to expect.” This is a very common thought that crosses caregivers’ minds.

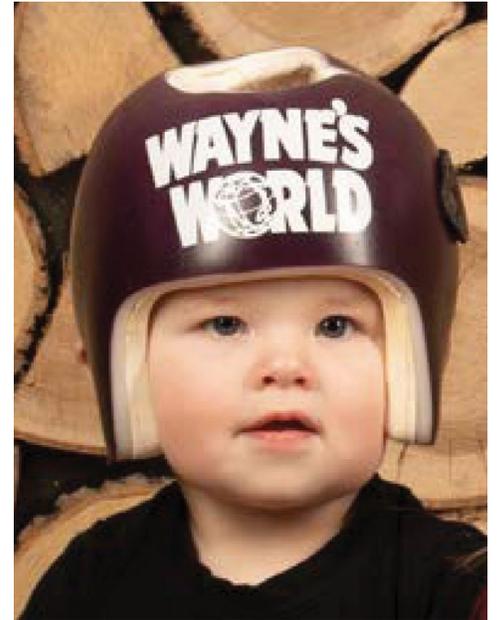
Cranial remolding helmets work by holding the areas that are prominent while providing space where there is flattening. There is no squishing, forcing or manual manipulation done to your child’s head. We are passively allowing the growth to go in the specific direction to encourage the flattened area to round out. For example, if the back of your child’s head on the right side is flattened, the helmet will be touching their head on the back left region and have a void on the right to encourage all of the growth in that direction.

Compliance is key for treating cranial asymmetry. In order to see correction and positive results, the helmet must be worn 23 hours a day. This is because a child’s head is growing all of the

time and we need to capture all of the growth in the direction of the flattening. Don’t worry though, the babies don’t mind the helmets and it is often harder on the parent.

The largest growth spurts for babies occur between 5-6 months and 8-9 months. During this time the child will grow considerably and we are able to gain maximal correction. The majority of head growth has been completed by the age of two which is why we are unable to treat with a helmet past this time. With that in mind, it is not surprising that treatment initiation is a time sensitive issue. Once the cranial sutures have closed, we are unable to reshape the head. The most optimal time for helmet treatment is around four months of age. We are able to assess the child earlier, however if they do not have head control we will simply assess and monitor the baby, reassessing at a later date.

If you have any questions or you would like your child to be assessed please contact our office and we would be happy to help. This can be a very nerve-racking process and we would love to help in any way possible. 🧡



*Dawn MacArthur Turner MSc CO c, Certified Orthotist, Custom Orthotics of London Inc.  
(519) 850-4721 office@customorthoticsoflondon.com | @cool\_bracing*



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# THE SAVING GENE

Recently, I was pulling together all of my paperwork to complete my taxes. When my daughter asked what I was doing, I gave her a very primitive explanation of taxes (not because I was dumbing it down for a 10 year old, mostly because accounting is not my strong suit).

I was impressed when she then explained to me how she had learned about taxes at school. Each student was assigned a job and salary. Like the game of Life, they got to choose their homes and cars in exchange for some of their cash. The exercise ended with a surprise...they owed income taxes. The kids with money left over won. My daughter was one of two who had money left over. I thought this was pure brilliance. What an incredible way to impress the impact of taxes and teach budgeting at a young age.

Growing up, there wasn't much focus on personal budgeting in school. This is one of the many reasons why I thought it was

important to start the lessons at home - early. When my daughter turned three years old, I started paying her an allowance. I paid her \$3 a week to do three basic life skill chores: brush her teeth, put her toys away and make her bed.

My logic was, as a single mom, it was an amount that I could scale and manage financially, and for a child, an appropriate amount to comprehend. What I didn't plan on was it being a catalyst for a new family tradition. Now every year on her birthday, my daughter and I negotiate her raise in allowance and the age appropriate chore that corresponds.



I'm so happy we started this at such a young age. She quickly learned the value of a dollar. More importantly, she learned to save. She saved for six years. Instead of putting away my suggested half to her savings, she stashed away every dollar she earned, found or was gifted.

Six years later she bought her first brand new four wheeler. Imagine the pride I felt for my daughter that day. I'm so proud of her - she got the saving gene. She gets that from her grandmothers! 

*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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# YOUR DOG'S ANNUAL HEARTWORM TEST

**R**obins, tulips, and...parasites. Ah, the first signs of spring!

When temperatures become milder, hungry parasites emerge from their dormant states. Around this time, your veterinarian will likely emphasize the importance of coming in for your furry family member's annual parasite prevention and heartworm test. But what is that "heartworm test" exactly, and why is it so important?

## WHAT IS A HEARTWORM TEST?

More accurately called a "parasite screening test", this test also typically screens for common tick-borne diseases such as Ehrlichiosis, Lyme, and Anaplasmosis. A drop of your dog's blood is placed on a test strip, which will indicate if they have antigen to heartworm disease or antibodies to one of the tick-borne diseases.

## WHAT ARE THOSE DISEASES?

Heartworm is transmitted by mosquitoes. These parasites live in and around the heart, causing heart failure and damage to other organs. Lyme disease symptoms include lameness and pain in the joints, while Ehrlichiosis includes fever, weight loss, and respiratory distress. Anaplasmosis involves joint pain, fever, and lethargy.

## WHY IS TESTING IMPORTANT?

Annual testing for parasite-borne diseases allows early diagnosis and treatment before symptoms become severe, and a positive test result would affect your pet's prevention and treatment plan. It is recommended in the spring because it must be performed a minimum of five months after the last possible mosquito bite.

## IS AN EXAM AND BLOOD TEST MANDATORY?

As with any prescription, your pet must have had an exam recently enough for the doctor to be familiar with their health. Some parasite preventatives are not recommended for heartworm-positive pets, so in those cases, a parasite screening test may

also be required. Your veterinarian will use their discretion to determine the safest way to proceed, based on product requirements, your dog's age, and medical history.

## WHAT ABOUT CATS?

Cats should still be on parasite prevention for their wellbeing as well as their families'. However, they are significantly less likely to contract heartworm or tick-borne diseases themselves, therefore, they typically do not undergo parasite screening.

As with many things in life, an ounce of prevention is worth a pound of cure. By preventing, testing, and treating the diseases carried by mosquitoes, fleas, ticks, and internal parasites, we can prevent illness and discomfort for our furry family members while protecting our families and our communities too. 



*Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at [danielle@NeighbourhoodPetClinic.com](mailto:danielle@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.*



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# LIFE *with* BABY SERIES: LACTATION COOKIES

Calling all the breastfeeding and formula feeding mamas out there who are looking for a sweet treat in between feeding, burping, and changing all those diapers! Not a mama? This recipe still applies! The bonus for those mamas who are breastfeeding is that these may help with your milk supply as they contain a few key ingredients (oats, flax seed and brewer's yeast) that have been found, anecdotally, to help increase milk supply. Although this hasn't been scientifically proven, I do believe it's helped me (along with eating healthy and drinking lots of fluids of course). Another added bonus - these cookies are *delish!!* I hope you enjoy them as much as I do!

## THE BEST LACTATION COOKIES

I found this recipe online at [www.howsweet-eats.com](http://www.howsweet-eats.com) developed my Jessica Merchant. I made a few tweaks of my own to reduce the sugar and fat content.

*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*

## INGREDIENTS

- 3 cups old-fashioned rolled oats
- 1 1/2 cups all-purpose flour
- 5 tablespoons brewer's yeast
- 3 tablespoons ground flaxseed
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup of ripe banana, mashed
- 1/4 cup of butter
- 4 tablespoons coconut oil
- 1 cup sugar
- 1 large egg + 1 large egg yolk
- 2 teaspoons vanilla extract
- 1 1/2 cups dark chocolate chips/chunks



## INSTRUCTIONS

- Preheat the oven to 350 F.
- In a large bowl, whisk together the oats, flour, yeast, flaxseed, baking powder, soda, cinnamon and salt.
- In another bowl or an electric mixer, beat the bananas, butter and coconut oil on medium speed until creamy. Add in the sugar and beat on medium to high speed until fluffy. Add in the egg and egg yolk, beating until combined. Add in the vanilla extract and beat until combined again. Gradually add in the dry ingredients, beating on low speed until just combined and mixed. Stir in the chocolate chips with a spatula until they are evenly dispersed.
- Scoop the dough into 1-inch rounds and place on a baking sheet about 2 inches apart. Bake for 10 to 14 minutes, or until the bottoms are just golden. Let cool completely before storing in a sealed container. 🍪

Enjoy!



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# PRETTY EASTER PULL-APART BREAD

At our house, pull-apart bread is a party staple. But it's usually a savoury kind full of rosemary and garlic. I can't even tell you how excited my young girls were when I told them we were making a sprinkle-covered dessert version! This recipe has now become a part of our Easter weekend celebrations and is as pretty as it is tasty.

## INGREDIENTS:

- round loaf of sourdough bread
- 1/2 cup melted butter
- 1/2 cup brown sugar
- 1/2 cup yellow cake mix (just dry, not prepared)
- 1/4 tsp. cinnamon
- 1/4 cup sprinkles
- 1 cup icing sugar
- 2 oz. softened cream cheese
- 1 tsp. vanilla extract
- 2-3 Tbsp. milk

*Melissa Warkentin,  
Assistant Editor of the Mom & Caregiver,  
and mom to two wonderful daughters*

## INSTRUCTIONS:

- 1 Slice your round of bread every 1", slicing almost all the way to the bottom but not all the way through. Then turn it and carefully slice every 1" in the other direction, careful again to not go all the way through, making a checker board pattern. Place loaf on a cookie sheet lined with tinfoil for easy cleanup.
- 2 In a small bowl, combine brown sugar, yellow cake mix and cinnamon. Mix together and set aside.
- 3 Pour melted butter between each of the cut bread sections. Evenly sprinkle brown sugar mixture between each of the sections. Be careful not to tear any of the sections.

4 Bake at 350 for 25 minutes.

- 5 While bread is baking, make the glaze. Combine icing sugar, cream cheese, vanilla and milk in a medium bowl and beat until smooth. Drizzle as much as desired over warm bread. Sprinkle with colourful sprinkles. Serve warm and allow family to pull off delicious sections with their fingers. Definitely provide napkins for sticky hands or let the kids lick the yumminess from their fingers once they're all done!

Wishing you a happy, fresh, pretty, yummy spring! If you try this recipe, let us know. We'd love to see your pics! 📷



# TOP TIPS FOR TAKING THE PLUNGE

**B**usiness is hard and it is not for everyone. Do not get fooled into thinking that starting a business is the key to unlimited income and infinite freedom! If you're craving freedom and financial success, I'd suggest getting in with a great corporate company that you're able to grow in. If you're debating on starting a business, here are my top five tips you'll need to consider before starting:

## 1 GET CLEAR ON YOUR GOALS AND ALIGN THEM WITH YOUR ACTIONS

First and foremost - you need to know what you want. Do you want to build a million dollar business or do you want to make a comfortable living while maintaining a relatively decent family/life balance? There's no right or wrong direction, but you're going to need to know which way you're heading!

## 2 BE SO PASSIONATE ABOUT YOUR BUSINESS

Make sure that whatever you decide to do as your business, you're so passionate about it. Things will get hard, and when they do you're going to need your passion and love for what you do to pull you through the hard times.

## 3 YOU ARE YOUR BIGGEST ASSET

Your business will only be as strong and healthy as the entrepreneur running it. Taking care of yourself should be your top priority daily. You need to make sure you're taking care of yourself in these top three areas at all times: mentally, physically and emotionally.

## 4. WHAT YOU NEED TO GET STARTED

Take inventory of what you'll need to actually start your business. Only get the essentials! Do not waste money on anything that doesn't make you money in return and is not essential for your operation. You need to make money first and prove your business works!

## 5 GET SUPPORT

Do not try to run a business on your own. You need to have some help and at the very least, you need to make sure you have support. Make sure your family is on board! Business gets hard and requires a lot of energy, love and attention, and at times it will require more of your attention than you'll be able to give to them. ☹️

*Rebecca Hamilton,  
Owner,  
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# STARTER HOMES vs FOREVER HOMES

## YOU HAVE TO START SOMEWHERE.

If you are considering getting into the housing market but can't yet afford your dream home, a starter home can help you achieve your goals. As one of my clients recently stated about the house she and her husband purchased, "It's not our dream home, it's our reality home". The reality is real estate prices are increasing rapidly, inventory is low and there are numerous qualified buyers. There will never be a less expensive day to buy than today.

A starter home gets you in the door of homeownership. It might be a condo apartment, townhouse or older house. It may not have every amenity or as much space as a forever home, but the main feature of a starter home is affordability. A forever home is a home that you can envision yourself in for the next 20-30 years, featuring more of your wants, rather than needs.

*Debbie Braun, Realtor at Keller Williams*

You may think waiting is a better option. But holding out on homeownership until you can afford your forever home will postpone your opportunity to build wealth sooner. Benefits of buying a starter home:

### 1. AFFORDABILITY

With mortgage rates at historic lows, it is likely more affordable to own a home rather than rent. If you are willing to be flexible on features or location, you will likely be able to find a more affordable home. Spending less each month on housing means less time to save for a down-payment while building equity.

### 2. WEALTH BUILDING

A starter home helps you build wealth by building equity in your home (the difference between how your mortgage and your property's value) and your home appreciating in value. You have to live somewhere so why not pay into your own future, rather than paying to your landlord's?

### 3. LONG-TERM ASSET

Ideally, by the time you outgrow your starter home, you will have built up significant equity. If you have the financial means, you could rent out the starter home as an additional income source.

A starter home gives you experience owning a home and the financial benefits that go along with it, without the pressure of finding your forever home now. 




**Debbie Braun, Realtor**  
*Helping you move on.*  
 dbraunrealtor@gmail.com  
 (519) 494.2383

**KW**  
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# When true love doesn't work out, it's half for you, half for me. Right?

Love is far more complicated than a 50/50 split. Being married and getting divorced doesn't mean you're entitled to half of everything your spouse owns. A clean split down the middle sounds good, but it doesn't always work that way; it's a commonly held myth. In fact, when it comes to separation, divorce and custody there are lots of myths. Dispelling some of them will get you one step closer to the outcome you hope for.

The breakdown of a relationship is devastating. It complicates every aspect of your life. The Siskinds Family Law team understands this reality, and using both our expertise and no small amount of compassion, we help you find the clear path that's easier on you and for you.

**For more information, visit our website, send a Siskinds family lawyer an email or better yet, give us a call.**

**519.672.2121**  
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## The Myth & The Reality



### **Common law couples and married couples have the same rights.**

Unless you're legally married, you're not entitled to an equalization of net family property in Ontario, one of several differences in rights.



### **Joint custody means no one pays child support.**

Joint custody, even when a child lives with each parent half the time, can still mean financial support will be required of a parent.



### **DIY divorces save money.**

DIY pairs better with Pinterest than it does with divorce. Fixing inevitable errors will cost you more in the long run.



### **Cheaters get nothing.**

Someone strayed? The courts aren't interested and adultery rarely has an impact on divorce proceedings.



### **Social media is harmless.**

If you claim to have no money but post Facebook pictures from a yacht in St. Barts, it won't go unnoticed in court.

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