

# THE MOM & CAREGIVER™

JUNE 2021  
VOLUME 23 ISSUE 6

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WE ALL  
SCREAM  
FOR ICE CREAM

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AND SCRAPED  
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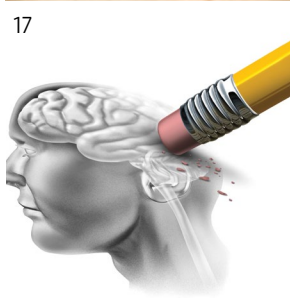
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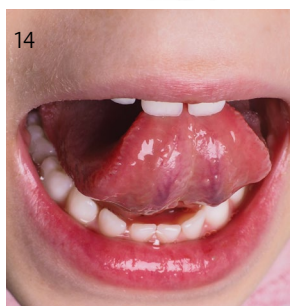
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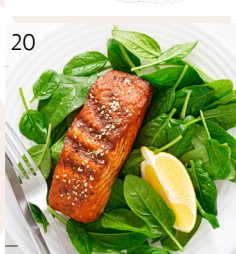
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## ON THE COVER

Vivian was definitely the boss at her photo shoot! She would have preferred to keep her sandals on but we insisted on these funky shoes in front of a funky Volkswagon. Vivian didn't love the camera, but did enjoy ice cream on a 21 degree November day.

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THE MOM & CAREGIVER is published by Anibas Productions Limited, Publications Mail, Agreement Number 40834037 PO Box 29118, London, ON N6K 4L9 - **www.themomandcaregiver.com**

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# DAD, PAPA, DADDY, STEPDUDE, FATHER...

I thought I'd start off our June editorial with a laugh.

*When does a joke become a dad joke?*

*When it's full groan!*

We all know a dad, a husband, a grandpa, an uncle or a neighbour who tells awful dad jokes, yet still we chuckle. And many of us have a great Dad story that we tell at parties – something ridiculous, funny or warm – about a special guy in our lives that can really get a crowd laughing or ahhhing.

In fact, we've gathered some beautiful Father's Day tales for you in our June issue. Intrigued by the title "Dad Went Down Like a Tonne of Bricks"? Hear the whole story from 10-year-olds Charlie and Harrison on page 11. Wondering why "Two Dads Warmed my Heart"? Find out more from our tech guru, Larissa (p. 15).

Next, oil up the old ball glove and settle in for "A Summer of Heirlooms" from Janet Smith (p. 18) Lastly, want to make a bond with other fathers? Learn Frank Emanuele's new fatherhood mantra, which starts with "I am going to be ok. Not every day will be my finest..." Turn to page 12 to say it with him!

What happens when you mix whiskey, orange juice, chili paste and garlic? You get an amazing glaze for salmon! Take a moment to treat Dad this month and show him your grill skills with our scumdiddlyumptious Grilled Whiskey Salmon in our Food For Thought column.

Father's Day may be a tough holiday to celebrate for some of you who have lost your Dad. Bindi Irwin, daughter of the late Steve Irwin, puts it well. "Dad is and always will be my living, breathing superhero." And some of you may not have had a father in your lives, but may have a man (or woman) who gives you strength, wisdom and support. Whoever you are celebrating this June, whether you are together or not, we wish these "superheroes" the happiest of Father's Days and our thanks for your never-ending love.



*I'll keep you safe. You keep me wild*

- UNKNOWN

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



# 2021EVENTS

# June

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to support Autism Ontario  
London when you buy mulch,  
[www.bigyellowbag.com](http://www.bigyellowbag.com)

01<sup>ST</sup>

You'll be **egg-cited** for National  
Egg Day with this yummy recipe:  
[www.themomandcaregiver.com/  
food-for-thought-easy-delicious-  
egg-white-bites/](http://www.themomandcaregiver.com/food-for-thought-easy-delicious-egg-white-bites/)

03<sup>RD</sup>

We're going to the  
zoo, zoo, zoo – virtually!  
[www.torontozoo.com/  
zootoyou/school](http://www.torontozoo.com/zootoyou/school)

05<sup>TH</sup>

*I scream, you scream,  
we all scream for...*  
[www.themomandcaregiver.com/  
caramel-pecan-ice-cream-dessert/](http://www.themomandcaregiver.com/caramel-pecan-ice-cream-dessert/)

06<sup>TH</sup>

Make animal bookmarks and  
more with African Lion Safari  
[www.lionsafari.com/safari-at-home/](http://www.lionsafari.com/safari-at-home/)

08<sup>TH</sup>

Print off this list of free  
and fun Summer activities  
[www.themomandcaregiver.com/  
my-spring-summer-bucket-list-  
50-free-things-to-do-before-youre-12/](http://www.themomandcaregiver.com/my-spring-summer-bucket-list-50-free-things-to-do-before-youre-12/)

10<sup>TH</sup>

Help the kids make this and  
they WILL eat their veggies!  
[www.themomandcaregiver.com/  
homemade-hummus/](http://www.themomandcaregiver.com/homemade-hummus/)

13<sup>TH</sup>

Find a selection of beautiful  
Juneteenth children's books here:  
[www.coloursofus.com/10-childrens-  
books-celebrating-juneteenth/](http://www.coloursofus.com/10-childrens-books-celebrating-juneteenth/)

19<sup>TH</sup>

Celebrate Indigenous  
Peoples Day.  
[www.rcaanc-cirnac.gc.ca/  
eng/1528210353182/1580759773150](http://www.rcaanc-cirnac.gc.ca/eng/1528210353182/1580759773150)

21<sup>ST</sup>

Heritage Scavenger Hunt,  
The Museum of Ontario  
Archeology  
[www.archaeologymuseum.ca](http://www.archaeologymuseum.ca)

25<sup>TH</sup>

Make Dad's gift in the  
kitchen this year  
[www.themomandcaregiver.com/bbq-  
sauce-and-trail-mix-for-fathers-day/](http://www.themomandcaregiver.com/bbq-sauce-and-trail-mix-for-fathers-day/)

16<sup>TH</sup>

*Happy  
Father's Day!*

20<sup>TH</sup>

*it's National Onion Rings Day!*  
[www.themomandcaregiver.com/  
crispy-baked-onion-rings-with-  
tangy-dipping-sauce/](http://www.themomandcaregiver.com/crispy-baked-onion-rings-with-tangy-dipping-sauce/)

22<sup>ND</sup>

Feeling brave?  
Ride a rollercoaster!  
(virtually, that is).  
[www.youtube.com/playlist?list=PLSOlm-  
vL4MTArWMkLN7OAasxGleEGyAP52](http://www.youtube.com/playlist?list=PLSOlm-vL4MTArWMkLN7OAasxGleEGyAP52)

30<sup>TH</sup>

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THINKING  
FOR  
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# HAVING A BABY DURING COVID-19

Having a baby is an amazing, life-changing experience, but it can also be stressful. Having a baby during the COVID-19 Pandemic may add more stress. Your plans may need to be altered to keep you and your family safe. Educate yourself so you can make informed decisions and find the help you need.

## WHILE YOU ARE PREGNANT (and even before):

- Do not hesitate to ask your healthcare providers questions. Be sure to ask about receiving the COVID-19 vaccine while pregnant or breastfeeding. You can also speak to a public health nurse at the Middlesex-London Health Unit, 519-663-5317.
- Register for free prenatal education: [www.healthunit.com/prenatal-health-e-learning](http://www.healthunit.com/prenatal-health-e-learning).
- Don't forget the virtual tours: [www.healthunit.com/birthing-at-lhsc](http://www.healthunit.com/birthing-at-lhsc)
- Wherever you are having your baby, find out what routines and safety measures are in place for COVID-19. Currently, only one support person can be with you throughout your hospital stay. See the guidelines at London Health

Sciences Centre (LHSC): [www.lhsc.on.ca/maternal-newborn-care/welcome-to-maternal-newborn-care-0](http://www.lhsc.on.ca/maternal-newborn-care/welcome-to-maternal-newborn-care-0)

- You may also be eligible for ongoing support from a public health nurse: [www.healthunit.com/home-visits](http://www.healthunit.com/home-visits)
- Think about who will help after your baby is born. The hospital has some specific suggestions for keeping you and your baby safe during the COVID-19 Pandemic: [www.lhsc.on.ca/media/8552/download](http://www.lhsc.on.ca/media/8552/download).


Just because people cannot visit, does not mean they cannot help. Ask friends or family to drop-off prepared meals, pick-up and deliver whatever you need, or provide emotional support virtually or on the phone.

## AFTER YOUR BABY'S BIRTH:

- Your baby should be assessed by their healthcare provider within the first few days at home.
- Call 519-663-5317 to ask more questions. You may be assigned to a public health nurse for follow-up.
- Many new parents feel anxious or depressed

while pregnant or after giving birth. If this is you, speak to your healthcare provider, call a public health nurse or access community resources:

[www.healthunit.com/pmh](http://www.healthunit.com/pmh)

- We have been socially isolated for so long now, but there are ways to connect with other new parents.
- Familyinfo.ca has recently been updated and is full of information for families: [www.familyinfo.ca/Services/List/10600/Family\\_Centres](http://www.familyinfo.ca/Services/List/10600/Family_Centres)
- Family and EarlyON/On y va Centres have virtual programming (Zoom and video) and will expand to outdoor and then indoor groups as COVID-19 restrictions allow. 

*Submitted by Heather Bywaters PHN for the Middlesex-London Community Early Years Partnership*



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# A SUMMER RITE OF PASSAGE

Summertime brings with it the rite of passage of bruised knees and scraped elbows. What fun is that rolling hill if it is not tumbled down at top speed? What is the possible purpose of pavement if one does not drop to it from one's bike? Of course, this means horror and heart-sink for parents!

## HERE ARE SOME TIPS ON DEALING WITH SUMMER INJURIES:

- 1 Bleeding from an even minor injury can create panic. Apply firm and direct pressure to the wound for ten minutes to stop the bleeding. When the bleeding has decreased, wash with water and examine the area. The actual wound may not be as dramatic as the bleeding led you to believe. If the bleeding does not stop it is important to seek medical attention. If there is sign of infection such as increasing redness, pus or fever, it is also important to seek attention.
- 2 A sprain or a strain can occur when a muscle is stretched. The most common is an ankle sprain. There may be redness or swelling at the site. Apply the principle of RICE - rest, ice, compress with a tensor bandage, and elevate the area. If there is difficulty weight bearing or tenderness over the bone, seeking medical advice and possible imaging may be necessary. Children have bones that are like the green twigs of a tree in spring. They may not break through and through but may have an injury called a green stick fracture. They also have bones that are growing so that fractures through an area of growth can require treatment.
- 3 Always wear a helmet on bikes, skateboards and anything that makes you move faster than you walk!

Enjoy summer and the rough and tumble that it brings. Keep a first aid kit in the house, apply these principles and get back outdoors when things have healed! 

*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!*



# WATER: THE KEY TO NATURAL BEAUTY

Thanks to technological advances, experts in dermatology have been able to observe the effect that our diet has on our skin's texture and appearance. Many recent studies in dermatology confirm that the most

significant factor in skincare not only depends on the cosmetics that we apply (which, of course, do make a difference) but also largely on our diet.

## WATER

Our body is 70% water, therefore, it is logical that any lack of sufficient water intake will affect our appearance.

That's why drinking water is undoubtedly the easiest and most efficient way of preventing the signs of aging, maintaining smooth skin and keeping the body healthy.

## HOW DOES WATER AFFECT OUR SKIN?

Water eliminates the toxins in our body that are stored up through contact with pollutants, tobacco smoke, stress and other sources of free radical formation. Free radicals are the principal cause of skin diseases and premature aging. Water eliminates all of these elements, which cause the appearance of acne. Acne is formed by the accumulation of bacteria, oil, dead skin cells and impurities on the skin. For those with oily skin and problems with acne, water is needed to wash away both internal and external impurities. Additionally, water helps vitamins and nutrients easily flow throughout the body. In particular, it collaborates with all of the body's organs to distribute E, C and B12, which help keep skin smooth and young.

## HOW MUCH WATER DO I NEED TO DRINK DAILY?

Normally it's recommended that a person drink at least a liter and half of water, although many dermatologists recommend increasing the dose to two or three liters daily. It's very important to drink and recuperate lost fluid after exercising or sunbathing. Drink 250-500 mL of water first thing in the morning. It will help eliminate a puffy or swollen face.

## WATER INSIDE AND WATER OUTSIDE

When cleansing facial skin or the body, it's best that the water be lukewarm. Hot water can dry out the skin excessively, but at an adequate temperature, its cleansing power is enormous. ☺

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# NEW LEGAL DUTY FOR PARENTS: TRY TO AVOID GOING TO COURT

When clients come to us for legal advice, they are often in the throes of heightened conflict. Their family is breaking down. Their ex-partner is being unreasonable. Their children are suffering. They are often geared up for a fight and they want their “day in court”.


This state of mind is understandable. Going through a separation is extremely difficult. But, recent changes to family law legislation – the first major changes in over 20 years! – explicitly recognize, perhaps for the first time, that the court system is generally not the best way to resolve family disputes.

As of March 1, 2021, both the federal Divorce Act (for married parents) and the provincial Children’s Law Reform Act (for non-married parents) include specific duties that parents must fulfill when they are going through a family breakdown. Parents are obligated to:

- Always act in the best interests of the children,
- Do their best to protect and shield children from the adult conflict, and
- Try to settle conflicts through a “family dispute resolution” process rather than through court proceedings.

Family dispute resolution processes include, for example, direct negotiation between the parents and/or their lawyers, mediation through a neutral third party, or collaborative family law. The legislation does recognize, however, that family dispute resolution processes may not always be appropriate, such as when there has been family violence.

The changes also include new duties for lawyers, including a duty to encourage clients to try family dispute resolution processes. The amendments reflect that our role as family lawyers is changing. There is no place

anymore for “pit bulls” in the family law courtroom, or “winners” and “losers”. Our role is to do the hard work with our clients to help parents redefine their family structure in a way that allows them and their children to move forward. 



*Madison Goodacre,  
Family Law Lawyer, Siskinds*

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# DAD WENT DOWN LIKE A TONNE OF BRICKS

## What is your favourite thing to do with your Dad?

**Charlie:** Snuggle - he's a great snuggler! We love to watch game shows together and I've learned a lot. He's also great when we go camping. He has lots of patience when we're fishing.

**Harrison:** Just spending time with him and wrestling in our pool together. He works a lot so when he's home I love to hang out. I also love to learn things from him when he's in the garage or working on a project.

## What is the funniest thing your Dad has ever said or done?

**Charlie:** There are too many to pick just one. I love listening to stories of his childhood when he was a kid. All of the things he and his friends did and the crazy fun trouble they caused were always fun things, never anything bad. I have great friends now that I hope I'm friends with when I'm old like him.

**Harrison:** When we were seven, our dad's best friend's son was talking about how OLD my dad and his friend were. So our dad challenged him to a foot race - my dad was 45 and he was 12. If he lost, he lost his phone for a week. If our dad lost he would pay him \$10. Our dad was winning the race but right near the end our dad's hamstring popped and he went down like a tonne of bricks. My dad paid him the \$10.

## What do you think your Dad was like when he was in grade 5?

**Charlie:** I think I would be friends with my dad when he was in Grade 5. We do a lot of the same things and he would have spent a lot of time with his friends hanging out, building forts in the woods, and having the best time ever.

**Harrison:** I imagine he was hilarious. Has has some great one-liners and a quick wit! He was daring and athletic as a kid - he has lots of stitches to prove that! He is still friends with people he went to grade school with so they must still be having fun!

## What will you do with him on Father's Day?

**Charlie:** We will let him sleep in! He really never sleeps in so he probably won't. We will make him breakfast in bed and his favourite dinner. My brother and I are going to convince him to go fishing too!

**Harrison:** We will make him breakfast in bed. His favourite breakfast is eggs, toast, hashbrowns and tomatoes. Hopefully we can go fishing too! 🐟

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



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# MY NEW FATHER


As Father's Day approaches, I find myself reflecting on the ups and downs of my parenting year under the cloud of chaos that COVID threw us into. This global pandemic pushed all of us to our limits. It changed our lives, our routines, and the way we parent.

Many of us were launched into juggling more responsibilities than we've ever had to. We were suddenly faced with the challenges of working from home or job loss, of monetary worries or how to get supplies for our families, of being confined to our homes and getting no break from parenting. Our fatherhood duties also changed abruptly. Before we had a chance to digest the horrific daily news reports, we became our kids' teachers, playmates, secre-

taries, tech support, snack servants, emotional compasses, entertainment coordinators, screen schedulers, and in many cases the primary parent who was home with them all day, every day.

At first, it was easy to see the silver lining. I relished in more time with our kids, and I made the best of a situation I had no control over. We baked, we hiked, we read more together, we played board games, watched movies, did crafts, and scheduled video chats with family and friends.

But as many months passed, my role-model fatherhood image became more of an ideal than what was truly being practiced. It became more of a chore to remain positive all the time



I will be Okay



# FATHERHOOD MANTRA

and seeking out moments of gratitude felt forced. I was less motivated to play the role of the resilient one around my boys. I felt isolated, easily irritated, and I began resenting my husband who was deemed more “essential” than I was. I lost my social gatherings, my check-ins with other adults, and my radio-cranked, 20-minute drive to work. I had no reprieve from my role as a father and I felt immense guilt for wanting to escape and distance myself from my kids. These are my kids, and they need me now more than ever.

Ironically, I became the support others needed and even in my writings I helped spread messages of hope, resilience, and a positive mind set. It's time for me to pause and take a deep breath. It's time for me to refocus, take my own advice and

practice the words that I preach. So here is my new fatherhood mantra and I encourage all dads out there to say it with me:

I am going to be ok. Not every day will be my finest and I am doing the best that I can right now. I need breaks too and it's ok to ask for help. I need my kids as much as they need me. My kids give me purpose and we WILL get through this together. I am still learning how to be a good father and they are still learning to be good kids. And most importantly, I am present and that matters – a lot!

To my fellow dads who are doing their very best – Happy Father's Day! 🧑🏻👨🏻

---

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



# COULD YOUR CHILD *have* A LIP OR TONGUE TIE?

In the breastfeeding world, we are seeing more and more babies with tethered oral tissue. Tethered oral tissue, or TOT, is when the tissue associated with the lip, tongue or cheeks is short and/or thick, resulting in limited movement. Unfortunately, it is somewhat of a taboo topic. Some practitioners go so far as to call it a fad, without fully immersing themselves into all the recent data that show how our babies' mouths are changing. Research is also consistently showing that, when necessary, tie release extends the duration of breastfeeding. As a breastfeeding support person, I cannot tell you how many times I have seen a breastfeeding dyad continue to struggle because they were told the baby did not have a tongue tie. After a proper assessment by a TOT specialist, there was in fact tethered tissue restricting the baby's latch mechanics.

When determining if your baby is struggling due to TOT I recommend you see a lip and tongue tie specialist for assessment (someone who is


a highly educated professional, and has done additional training specifically in the assessment and identification of lip, tongue or buccal ties). This professional will not only assess your baby's oral function, but will also explain how this restriction can impact other areas of baby's life (sleep, speech, crawling), and can discuss the pros and cons of different release procedures.

Identification of tethered tissue is just one step in helping you and your little one find solid footing for breastfeeding. I believe a multi-practitioner approach is best. Who should be on your team of practitioners?

- \* **LIP AND TONGUE TIE SPECIALIST OR CONSULTANT** (also referred to as a TOT Specialist)
- \* **BREASTFEEDING SUPPORT SPECIALIST**, who is well-versed with TOT
- \* **BODY-WORK FOR BABY** (Paediatric Physiotherapist, Massage Therapist, Chiropractor or Osteopath, who is well-versed with TOT)



Seeing a breastfeeding support person BEFORE the revision is important to optimize latching technique as well as latching mechanics. The follow up 3-5 days AFTER revision is to ensure that we are helping retrain how baby latches, moves their tongue and transfers milk. A body-work practitioner can help identify areas of tightness or restriction in how your baby is moving. This whole body approach looks at how the restrictions of tissue movement in one area can have a ripple effect to the rest of the body.

Do you have questions about breastfeeding, or curious to learn more about lip, tongue or buccal ties? I would love to chat with you! 

*Rebecca Robertson, Compass Rose Wellness Centre*

## ANNOUNCEMENT

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# TWO DADS WARMED MY HEART

I walked into my son's hockey practice looking for a place to sit down. I saw one dad with a little girl who looked like Laura Ingalls (yes, I am dating myself here). She moved her knapsack over and said, "Here is a spot". I sat down and watched the warm-up.


Another dad I recognized sat on my other side with his adorable little girl. He talked to her about her day. I mean, really talked to her. It was an unforced conversation that was not perfunctory. He asked her about music class, recess, the friends she played with, and my

heart skipped a beat. This was true engagement and he was attuned to her.

The dad on my left was drawing monsters with pretty pony bodies. He would draw an outline and his daughter would neatly draw in between the lines. They held a slightly different conversation about colours, favourite animals and shapes, but they were talking. He was equally engaged and happy to just focus on her. I was so happy to witness this and was ecstatic that it was happening.

Both girls interacted with me as well. At various times each dad thanked me for putting up with his child. I explained I was delighted to talk with them and said, "You will have very happy girls who will tell you everything. I am saying this as an

older mom with a 17 year old girl. Keep talking to them about anything."

Both dads are doing such a great job at bonding. One dad commented that "Many parents today don't sit and talk with their children." I wanted to share that parents have approximately five to six hours a day (42-45 hours a week) to spend with their children. Now, this includes sports, activities and playtime with their friends, so maybe a little less. Today 30 hours a week of socialization is being cut out by individual technology use by both parents and children. That is a grand total of 18,000 hours before the age 18 that we are not spending with our children. 

## REFERENCES:

[www.cbsnews.com/news/parents-need-to-drastically-cut-kids-screen-time-devices-american-heart-association/](http://www.cbsnews.com/news/parents-need-to-drastically-cut-kids-screen-time-devices-american-heart-association/)

[www.theloop.ca/ctvnews/study-finds-changes-in-brain-wiring-among-young-children-who-get-more-screen-time/](http://www.theloop.ca/ctvnews/study-finds-changes-in-brain-wiring-among-young-children-who-get-more-screen-time/)

*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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- ✓ Develop a sense of well-being and of belonging to their school
- ✓ Strengthen connections that will later facilitate children school careers

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# HANLYN COLLECTIVE

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Each month we introduce you to a business that offers families in London and the surrounding area, services or products you won't want to miss. 🍁

Donna, mother of two, is the founder and CEO of *Hanlyn Collective*. The idea for HC came in 2017 after her son was born. She was annoyed with the lack of diversity in clothes for boys and felt they were pigeonholed into wearing blue, cars, trucks, and construction. She was running a successful events business and was unable to work on this idea at the time, especially in addition to being a first-time mom! Fast forward to March 2020. Donna gave birth to a baby girl nine days after Toronto's first state of emergency. This was a joyful time for the family but also scary due to the new virus. With travel restrictions and no large gatherings being permitted, two weeks after giving birth, Donna was forced to close her events business, an industry she had been in for 18 years.

With the support of her family and friends, she decided to take a risk and follow her passion, making a dream a reality! HC launched in March 2021. They use quality bamboo, an ethical manufacturing team and skilled artists focused on creating unique designs that will work for ALL children and families. Donna is passionate about the environment. "I want to be a part of the solution, not the problem!"

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Hanlyn is a combination of Donna's children names, Hank and Falyn. With all the positive benefits to your baby and the environment plus the adorable designs, why wouldn't anyone be excited to support this new Canadian Company?

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# BRAIN INJURY AND BRACING

**T**raumatic Brain Injury (TBI) is a major cause of death and disability worldwide. Usually these are caused by falls, blunt trauma, assaults, sports injuries or motor vehicle accidents.

Symptoms can vary based on the area of the brain affected and the amount of injury. You can classify a brain injury as mild, moderate or severe. A mild injury, also known as a concussion, occurs when the individual does not go unconscious or is unconscious for 30 minutes or less. A moderate injury occurs when the individual is unconscious for more than 30 minutes but less than 24 hours. Any loss of consciousness for more than 24 hours is considered a severe TBI.

Signs and symptoms may appear at once, within 24 hours, or they may emerge days or weeks after the injury. Sometimes the symptoms are subtle. A person may notice a problem but not relate it to the injury. Some people will appear to have no symptoms after a TBI, but their condition worsens later.


## SOME COMMON SYMPTOMS CAN INCLUDE:

- Inability to remember cause of injury
- Confusion or disorientation
- Headache
- Dizziness
- Blurry vision
- Nausea or vomiting
- Ringing in the ears
- Trouble speaking
- Changes in emotions
- Changes in sleep patterns

Treatment is always tailored to meet the individual's specific needs and the symptoms they possess. Usually this therapy can range from physical and occupational therapy, speech/language therapy, psychology/psychiatry, social support and/or orthotic treatment. Different types of orthoses can be fabricated and custom fit to the patient to help restore lost function for those who have sustained weakness or numbness as a result of the injury. Some common orthoses that these individuals can use are leg braces



(AFOs) or arm braces (WHOs). Mild cases may benefit with foot orthotics or shoe modifications.

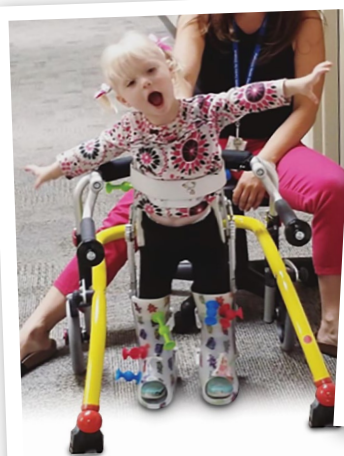
If you or your loved one has sustained a TBI and think you would benefit from an orthosis to help restore some lost function, please do not hesitate to reach out to our office for a complimentary assessment. 

The Custom Orthotics team (519) 850-4721  
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# A SUMMER OF HEIRLOOMS

I played catch with my daughter during lockdown. It was the first time I had picked up a baseball glove in 10 years. Baseball gloves were a first sign of summer on my street growing up.

When I think back, a significant amount of my family's childhood memories revolve around summer sport.


We were by no means a competitive sport or athletic household. My dad played beer league ball when he was home and we played the odd round of golf as a family.

I remember my father throwing endless balls to me while he taught me to catch and throw. I never connected to the skills, but I still learned perseverance, patience and humility. Now as I go through the same motions with my daughter, I'm able to pause and acknowledge these are moments she will remember too.

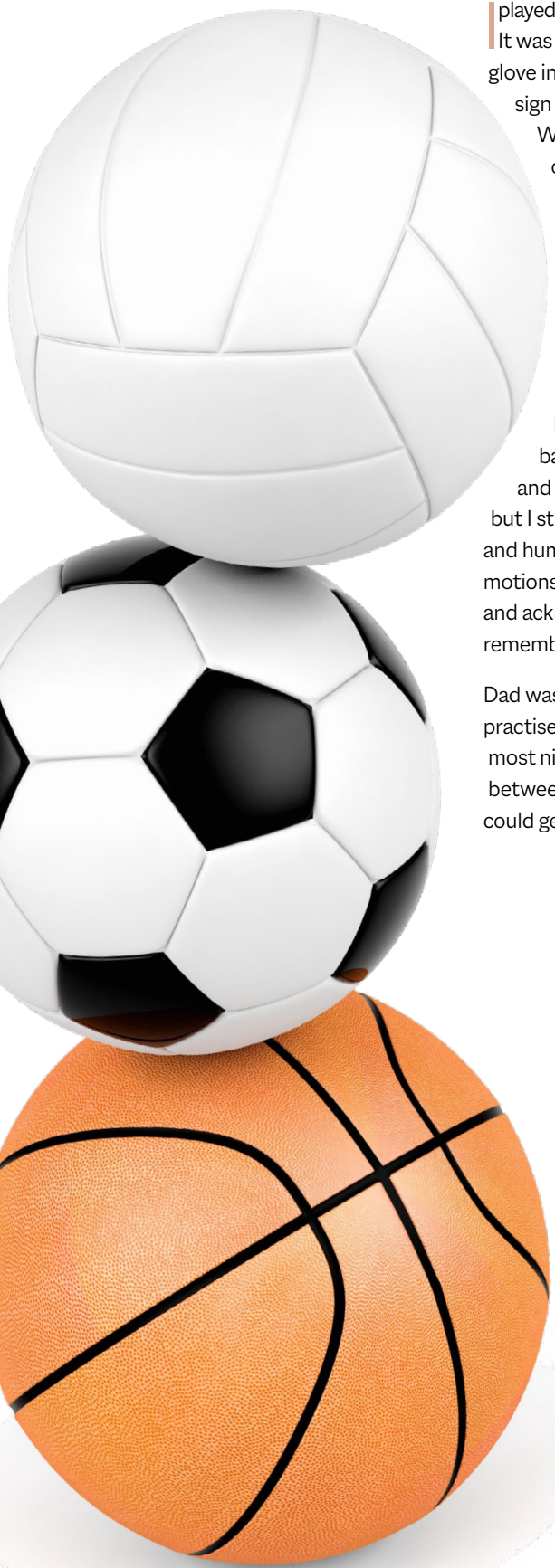
Dad was infected with the golf bug and would practise chipping golf balls in the backyard most nights after dinner. The banter exchanged between us, as we made friendly wagers to who could get closest to the tree, not only taught me

a few secret golf tips, but provided a great opportunity to build a friendship. The conversations we had on the links could range from casual to serious to hilarious, but all still important moments which now affect the way I parent.

As my daughter and I embark on a summer of hitting the links and throwing taters, my eyes are wide open to the opportunity. The opportunity to teach her strength in character, to build trust and patience, and to become her friend. To pass on some of the lessons that were shared with me. To learn that you can love a sport even if you're not good at it. Most of all, I'm so excited to never let her win a round.

The experiences made from recreational sport are wound as tight into my make-up as the laces on my glove. The memories I made through sport are some of the ones I treasure most. It's special to be able to create new memories with the next generation, but it's an honour to be able to pass on the lessons, as is if they are treasured family heirlooms. 

*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.*





# HOW HOT IS TOO HOT FOR DOGS?

From beautiful trails to pristine beaches, Southern Ontario boasts many ways to enjoy the summer sun with the whole family. We know, though, that the hot weather carries additional risks for our furry family members, who can't cool themselves as efficiently as we can.

So just how hot is too hot for our dogs to join the fun? There's no simple answer, but the following considerations can help when determining whether your furry family member is at risk:

## BREED

While coat length plays a factor in your dog's ability to withstand the heat, those with "smooshed-in faces" such as bulldogs, pugs, and Boston terriers are at the greatest risk. Since dogs cool themselves by panting, the inefficient airways of these breeds also make for inefficient cooling. This makes them particularly prone to heat stroke, which can have permanent and fatal consequences.

## OBESITY

Pets who carry even one or two extra pounds will generate more heat from mild exercise. A weight loss plan can help your furry family member live life to its fullest in many ways, but in the

meantime, extra attention must be paid to ensure these friends are kept cool when enjoying the hot weather!

## EXERCISE AND ACTIVITY

Many dogs will happily play on a sunny day until they collapse from heat stroke, even in their own backyard. As temperatures climb over 20°C, an active pup should always be supervised and should have scheduled rest every 15 minutes. On these days, and especially in humidity, ensure your dog always has access to cool water and shade with proper air flow. Additionally, hot pavement or sand can burn the pads of your dog's feet. If it's too hot for your bare feet, it's too hot for your pup, too.

## CAR RIDES

There's nothing like the pure joy of a dog who gets to go for a car ride! However, if your activity requires time in the car, make sure you plan your trip with no extra stops. There is no safe temperature to leave a dog in a vehicle! Even on mild days with the windows down, the car acts as a greenhouse and can reach dangerous temperatures within minutes, even if it doesn't feel too hot to a human.

By the time signs of heat stroke set in, the damage is often irreversible. By understanding and minimizing weather-related risks to our furry family members, we can all safely enjoy the fun that our gorgeous Ontario summers have to offer!



*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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# SHOW DAD YOUR GRILL SKILLS!

This month brings many great things, including Father's Day AND the first day of summer – finally! What better way to celebrate both than with a delicious meal on the grill? Let Dad take a seat this time and show him your grillin' skills.

## GRILLED WHISKEY SALMON

These salmon fillets are marinated in a sweet whiskey sauce, resulting in a delicious flavour and crispy glaze when done on the grill. I like to serve this salmon with grilled veggies and mini potatoes.

## INGREDIENTS

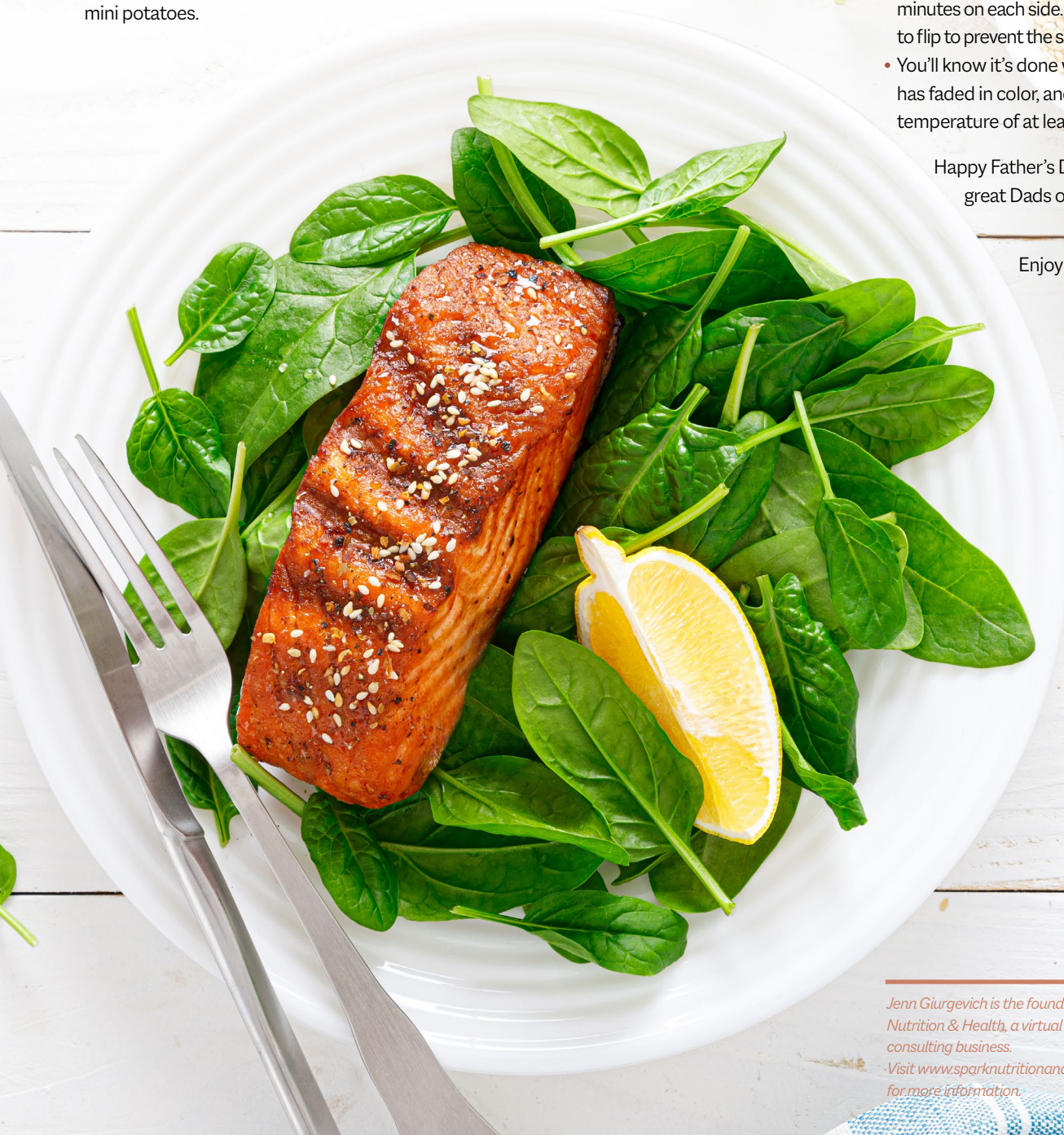
- 4 (8-ounce) salmon fillets
- 1/2 cup whiskey  
*(any whiskey works – I like to use a maple whiskey!)*
- 1/4 cup soy sauce  
*(use a light version for less sodium)*
- 1/3 cup orange juice
- 2 tablespoons vegetable oil
- 1 tsp chili paste
- 2 cloves garlic (minced)

## DIRECTIONS

- Mix whiskey, soy sauce, orange juice, oil, chili paste and garlic in a bowl.
- Place salmon in a shallow dish and pour mixture over top. Cover with plastic wrap and refrigerate for an hour or until ready to grill.
- Preheat grill for medium-high heat.
- Once heated, oil grill grates to create a non-stick surface. Another option is to place a piece of tin foil on the grill.
- Place salmon on hot grill and cook for 5 minutes on each side. I like to use two spatulas to flip to prevent the salmon from falling apart.
- You'll know it's done when it flakes easily, has faded in color, and reaches an internal temperature of at least 145 F.

Happy Father's Day to all the great Dads out there! 🍷

Enjoy!



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.

# GET ACTIVE WITH YOUR KIDS!

Parents play a key role in helping our children become more physically active. You know the saying “monkey see, monkey do”? Let’s lead by example with these tips:

- 1 PLAN AHEAD!** Make sure you set a time that works with your schedule. Pencil it into your family calendar. I am a big believer that what gets scheduled gets done.
- 2 HAVE ACTIVE TOYS.** Have balls, jump ropes, squatters and other active toys available.
- 3 PLAY WITH YOUR CHILDREN.** Have fun together going for a walk, bike riding or kicking around a soccer ball.
- 4 MAKE IT FUN!** Get excited about physical activity, and help your child find a sport or activity they enjoy. The more they enjoy it, the more likely they’ll continue it.

Need a quick, fun 15-minute workout that can be done inside or outside? If you have a timer, you can set it for 20-30 seconds per activity with 15 seconds of rest in between. If not, just do 12-15 reps per exercise. Repeat 3X. Make sure you do it together as a family!

- Jumping Jacks
- Air punches
- Squats
- Windmill
- Jog on the spot
- Push up

You can find the full workout on my Instagram at [instagram.com/meaghanterzis](https://www.instagram.com/meaghanterzis)



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# MASTER YOUR MOOD AND GET CONTROL OVER YOUR LIFE!

Do you find yourself saying "I'm not in the mood to do that"? What if you could learn how to turn your bad moods into great moods in five minutes or less? Imagine how you would feel if you didn't allow other people's negative moods to impact your own?

I'm here to help you stop letting your "mood" dictate your level of happiness and wellbeing! If you can learn to master your mood then you'll be well on your way to getting control over your life. Don't worry - you're not alone. I used to be the worst for letting my mood run my day which resulted in only doing things I felt like doing based on what kind of mood I was in. Not exactly the recipe for success! Just like anything, I've practiced and developed techniques on how to get my mood under control and it's been a game changer. Gone are the days of other people influencing my mood or finding myself staying in a bad mood for days. Thank goodness for that! That is not

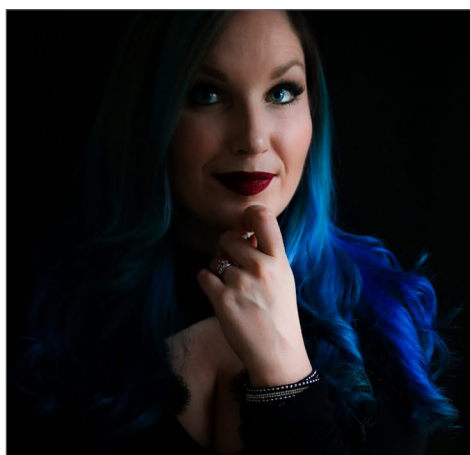
to say I don't get in a bad mood from time to time but the length of time that I stay there has decreased significantly.

Being intentional and mindful throughout your day will help you to identify your moods, which is the first step in making progress towards improvement. Keep track of when you notice your mood shifting - is it primarily when someone else is venting to you about their problems? Is it when you start feeling stressed out about a deadline at work? I've developed some extremely effective methods on mastering your mood that work for me every day. Here are a few of my tips:

- 1 Develop a morning routine that sets you up for success.
- 2 Re-evaluate the food you're eating.
- 3 Move your body, change your mood.

Tune into my podcast called *Scrap The Sweet Talk*, to hear about the rest of my top 9 tips on mastering your mood and getting control over your life! It's been the most listened to podcast episode to date and I know you'll love it. You can find my podcast on Apple, Google, Spotify or anywhere podcasts are available. Change your mind, change your mood, change your life! 🎧

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- BLOG

# WHY WOULD I BUY LIFE INSURANCE FOR A CHILD?

A properly designed Cash Value Participating Whole Life (CVPWL) insurance policy from a mutual carrier for your child is actually the best decision you can make for him or her and their financial future.

*It is not about death benefit.  
It is about living benefit.*

Most of the time, life insurance is designed so that there will be a death benefit in place only. Since 1847 in Canada, wealthy families have been taking advantage of the cash value living benefits offered only by CVPWL insurance. Why don't you? After all, for only the price of a coffee per day your child can become a millionaire.

So, with this in mind, let's take a closer look into why it might be a good idea to purchase a life insurance policy on your child, and how in doing so, you could actually be starting his or her journey towards financial independence.

Here is the basic premise: life insurance for children is not so much about a death benefit as it is about a properly designed cash value life insurance policy which creates incredible LIVING benefits presently, and down the road for your child. Yes, there is also a death benefit, but that is not the primary reason to get life insurance for kids. We are talking about financial benefits that are brought about with strategically structured dividend paying whole life insurance from a mutual insurance company.

*Have we got your attention? We hope so!*

Now, let's clear the air real quick. We are not advocating that you should consider life insurance



for the standard reasons that most people believe. You see, most people fail to understand the benefits of whole life insurance when used as a strategic wealth building tool and get fixated on the wrong things.

When I first heard about the benefits CVPWL offered children, like tax-free compounded growth, control, bankruptcy protection, legacy, opportunity cost reduction, estate planning, and mostly peace of mind, I thought this was too good to be true. But today I own 10 of these policies. And you can too! 🍷

*Cole Snell, Wealth Architect  
Ascendant Financial*

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Watch a case study at [www.kidswellthplan.com](http://www.kidswellthplan.com)

# Hammock or hospital bed?

## Tips for summer safety from the Siskinds personal injury lawyers.

Summer would be a bummer if you had to spend it in a hospital bed. Unfortunately, serious accidents and injuries commonly occur in the summer months, so it does happen. Here are ways to prevent summer-activity mishaps, so you can avoid a hospital bed and kick back on an inflatable pool flamingo or under a beach umbrella instead.



### CYCLING

You don't need to wear head-to-toe spandex to go biking. But you do need to wear a helmet. It could save your life if you are struck or fall from your bike.



### BACKYARD POOL FUN

Is this the summer your belly flop becomes a perfect swan dive? Practise safely; slipping on a pool deck or hitting your head on a diving board can cause concussion or a fractured skull.



### HOME RENOS

Conquered your fear of heights and taking on a roof repair this summer? Climb carefully. Ladder falls at home increase when the warm weather arrives. Always check the ladder before using it. Make sure it's secure and wear slip resistant shoes.



### HIKING

It's easy to get caught up in the scenic beauty of hiking trails, but make sure to watch your step. Common injuries suffered from hiking can include slips, trips and falls. Avoid rushing through trails and be sure to scan ahead for potential hazards.



### SWIMMING

If there's an undertow, know before you go. Even strong swimmers are at risk. Be aware and make sure kids are actively supervised.



### WATER SPORTS

An adrenaline rush on the water is exciting. A body cast isn't. Whiplash and neck sprains are common water sport injuries. Ride at safe speeds in optimal weather and don't go out alone.



### ROAD TRIPS

Life is a highway. If you wanna ride it all night long, know that distracted driving is one of the leading causes of fatal car collisions. Stay alert, drive within the speed limit and always use a seat belt.



### CAMPFIRES

Kumbaya can turn into Kumbay-ouch pretty quickly. Tripping into a fire pit is a major hazard, one more likely to happen when alcohol is involved. Be mindful and use designated fire pits.

There are 15 personal injury lawyers at Siskinds. We're also parents, campers and cottagers, so we know accidents happen. We hope your summer is injury-free, but just in case, we're here with compassion and decades of experience if you need us.

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