

THE MOM & CAREGIVER™

AUGUST 2021
VOLUME 23 ISSUE 8

www.themomandcaregiver.com

TIME TO LEAVE
THE SCREENS
BEHIND!

06

LEARN ABOUT
LYME

07

COME BACK BIGGER,
STRONGER
& BETTER

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ON THE COVER

Rayah was a brave girl standing there for her photo shoot as she was definitely feeling a little shy and nervous. And although she had no smiles for us, we were all good friends by the end, as Rayah showed us pictures of her on her dirt bike, and we sent her home with a pink cupcake.

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HOW TO HAVE THE BEST AUGUST EVER

We are coming off of difficult times but there is hope in our future. I have decided to have just the best August ever this month, and I know our issue full of bright ideas will help me along. Here are my lucky 13 tips for having a great month!

- 1 Wear a smile - our front cover kid will bring sunshine to your day.
- 2 Set off some fireworks in your backyard to celebrate the Civic Holiday weekend.
- 3 Drink yummy Nutella hot chocolate around a campfire - find the recipe link on our Events page.
- 4 Pick up a summer read from London Public Libraries - my favourite beach books are carefree and easy to read, maybe even a little steamy!
- 5 Learn about Lyme disease before you hit the trails for a healthy hike in the fresh air (p. 7).
- 6 Get your kids back together with friends safely (it's about time!) with tips on page 15.
- 7 Lay in a hammock. Then don't worry about looking graceful getting back out. They don't call it the lazy days of summer for nothing!
- 8 Find out how to come back bigger and stronger than before the pandemic with inspirational Chick Boss, Rebecca (p. 22).
- 9 Challenge the kids to a video game – find suggestions for great ones from our favourite 10 year olds on page 11. Good luck!
- 10 Add lavender oil to a bath and relax (you can thank Meaghan Terzis from page 9 later!)
- 11 Devour juicy peaches, pears and plums which are all in season this month. It's always great when something healthy is as sweet as candy!
- 12 It's too hot to turn the oven on this month so don't cook tonight! Find easy and delicious no-cook options on page 20.
- 13 Make back to school shopping easier on yourself by doing all you can online – we've all become pros at that during the pandemic!

I hope you join me in making this August your greatest ever! I wish you health and happiness, rest and relaxation, lazy days and crazy memories, and most importantly safety and well-being. Enjoy!

Sabina

“

Every flower must grow through dirt

Laurie Jean Sennott



Editorial photography
by Flavia Zaidan
Make-up by Sarah Zebian

2021 EVENTS

August

Happy Civic Holiday!

02ND

Bud's Brew Garden (Patio behind Budweiser Gardens for Live Music & Good Eats)
www.budweisergardens.com

06TH

Museum London
Magenta Pink Art Kit,
www.museumlondon.ca/artkit

09TH

See the Line: Concussion Awareness Presentation,
www.schulich.uwo.ca/see_the_line/

12TH

Make your BBQ'd Burgers Even More Amazing,
www.themomandcaregiver.com/tomato-ketchup/

18TH

Time to Use Up that Garden Basil,
www.themomandcaregiver.com/basil-cream-cheese-toasts/

24TH

Take an End-of-Summer Trip to the Beach,
www.themomandcaregiver.com/beach-games-activities-and-crafts-that-dont-cost-a-cent/

28TH

Natural Clay Online Pottery Course,
www.archaeologymuseum.ca/programs/

04TH

Raisins or No Raisins?
That is the Question!
www.themomandcaregiver.com/tonyas-butter-tarts/

08TH

Help the Kids Cool Off,
www.themomandcaregiver.com/roll-six-and-splash/

10TH

Know Your Roots Summer Camp,
www.growingchefsonario.ca/news/know-your-roots-summer-camp

16TH

Try This Around a Campfire,
www.themomandcaregiver.com/nutella-hot-chocolate/

20TH

Airshow London presents SkyDrive,
www.airshowlondon.com

27TH

Make an Easy Lunch Bag for Back to School,
www.dearcreatives.com/diy-lunch-bag/

31ST

For More Details and Events Visit

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It's August and although we never want to think about summer ending, it IS sometimes fun to learn what is on tap in the world of fashion for the upcoming season! After rebounding from a full year of loungewear, you can be assured that Fall '21 has a lot in store for us!

In terms of colour, think chocolate browns, muted corals, soft pinks and teals. Textures and patterns will be hugely popular. We'll return to fall favourites (think head to toe denim), but get inspired by fierce leopard print coats, luxurious laces and sweater vests.

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TIME TO LEAVE THE SCREENS BEHIND!

We all have had too much screen-time during the COVID-19 pandemic. This increased screen use could not be avoided during lockdown. We needed to work and go to school online. We also had to keep our children occupied and stimulated when options for activities were so restricted. Now that our community is reopening and the beautiful summer weather is here, it is time to leave the screens behind and prioritize active outdoor activities! For some great local ideas, check out: www.familyinfo.ca/en/

The Canadian Pediatric Society recommends:

- No screen time for children under 2 years of age
- Less than 1 hour a day for children between the ages of 2-5 years.¹

Negative effects of screen time:

- Increased risk of childhood obesity
- Decreased time spent in active outdoor play²
- Less face to face time with you which affects their learning of communication skills and vocabulary³
- Less time spent building the all-important attachment relationship between parent and child

Other things to consider:

- You know your child best. Do you notice an increase in negative behaviour after your child has been exposed to screens?
- Did you know that background TV has an adverse effect on children? They are easily distracted and are less active while they play. Put on some music instead.
- Did you know that screen use close to bed time can interfere with sleep (for both adults and children) due to light and stimulation? Turn off screens an hour before bedtime and establish a calming bedtime routine that includes reading books.
- It is important to watch media with your children and talk about what you are viewing. You can help them build on past knowledge and help them apply what they are learning in the future.
- If you have children of different ages it can be difficult to find something that is suitable for everyone. You may have to limit the older child's viewing to when the younger one is asleep or not present.

- When you pick your child up from school or childcare, put your phone away so they can tell you about their exciting day! It's a great time to have important discussions or sing together instead of turning on a screen.
- Your behaviour and attitude towards screens will influence your child more than anything. Remember, there is always someone watching you!²

FOR MORE INFORMATION:

www.healthunit.com/screen-time

REFERENCES:

- 1 Healthline. (2020, April 16). When Do You Stop Burping a Baby? Retrieved from Healthline Parenthood
- 2 Healthline. (2018, September 6). Illustrated Guide for Burping Your Sleeping Baby Retrieved from Illustrated Guide
- 3 HealthLinkBC. (2019, August 22). Burping a Baby Retrieved from HealthLinkBC

*Heather Bywaters RN PHN
Middlesex-London Community
Early Years Partnership*



LEARN ABOUT LYME

There has been an increase in the number of tick bites reported in Ontario this summer. The reason for the increase is not truly understood. During the pandemic, people are walking outdoors through the trails more. Our encroachment on nature has allowed flora and fauna to regenerate.

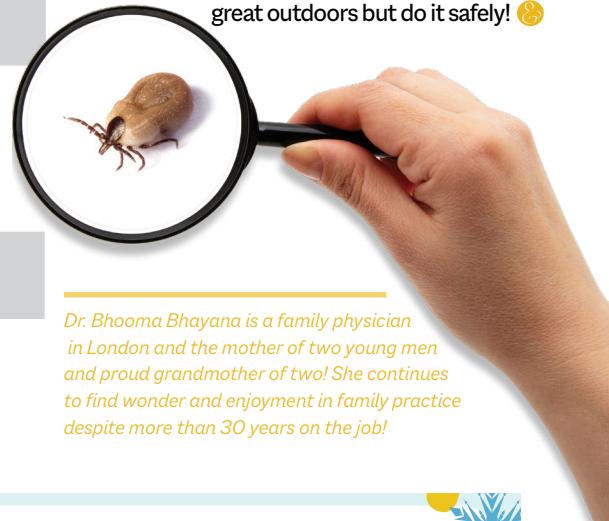
Lyme disease is caused by the bacterium *Borellia* that is spread by deer ticks. Deer ticks are endemic in southwestern Ontario. The bite causes a very typical rash called erythema migrans that is not itchy or painful. It usually happens a week after the initial bite and is typically in the shape of a bull's eye or target. About 80 percent of people who get a bite will get this typical rash. Other symptoms might include headache, fever, fatigue and joint pain. Lyme disease may also cause chronic symptoms that are episodic and include bouts of joint pain, memory changes and fatigue.

Early recognition of the tick bite and treatment can help to reduce long term outcomes of Lyme disease.

- 1** Know the deer tick. The deer tick is an unattractive black legged creature. It adheres to the skin.
- 2** Remove the tick from your skin if you find a bite. You may not always feel a bite so have someone inspect your back or other areas not visible to you after hiking or camping. Keep the tick. You may be able to submit it to your health care provider to have it identified.
- 3** Watch for symptoms.
- 4** Report the bite to your health care provider. If the tick was attached for 24 hours or more, there may be a role for antibiotics or for watchful waiting.
- 5** Observe for symptoms for up to 30 days following a bite.



Enjoy the trails.
Use bug spray and sunscreen. Do not avoid the great outdoors but do it safely! ☀️



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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WHAT IS BOTOX?

With all the hype and insanity over people getting Botox injections for everything from a sagging chin to a droopy eyelid, one must wonder just what it is that Botox does and how exactly does it work?

We first must look at just how this amazing miracle of modern science came to be. Botulinum toxins, which are what Botox basically comes from, were first researched back in the good old 60s during the hippie era. Originally the purpose of this was to treat neurological disorders. In 1989 Botox was finally approved by the FDA to treat eye muscle disorders like blepharospasm (uncontrollable blinking), strabismus (crossed eyes) and even wrinkles. In the year 2000 it was approved to treat cervical dystonia. This is a disorder that causes severe neck and shoulder contractions. In their research, doctors discovered that Botox softened the frown lines between the eyebrows. It was after this discovery that Botox officially came into existence and was FDA approved on April 15, 2002.

So, what exactly does Botox do? How does it work? Well, when Botox is injected into the muscles of the forehead, it blocks nerve impulses which results in the weakening of the muscles that cause frowning. Eventually over a period of several months, given enough of these injections, the frown lines start to get softer and, in many cases, eventually disappear completely. Botox injections themselves are the diluted form of botulism. Yes, the same botulism that can make us ill. But Botox cosmetic is a purified form of the Botulism toxin.

The next question is how exactly does it work? Well, to put it simply, every time you laugh, smile, frown, or for that matter do just about anything with your facial muscles, wrinkles are caused by the underlying contractions of these muscles. That is why people who have had Botox injections literally look like mannequins. You will still have enough movement to look semi-human (a matter of opinion) but not enough to cause these wrinkles. Therefore, having Botox injections would make you look younger.



Botox is considered the most effective and quick-fix treatment if you want to see results and have a certain amount of budget.

Remember- Relax, Regenerate, Revitalize yourself. &

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SELF-CARE

As mothers, we're pulled in many different directions, wearing multiple hats throughout the day, and it can become easy to put ourselves last. Have you heard of the saying, "You can't pour from an empty cup"? Never compromise your self-care! If you're not taking care of yourself, how are you going to take care of others?

8 WAYS YOU CAN PRACTICE SELF-CARE:

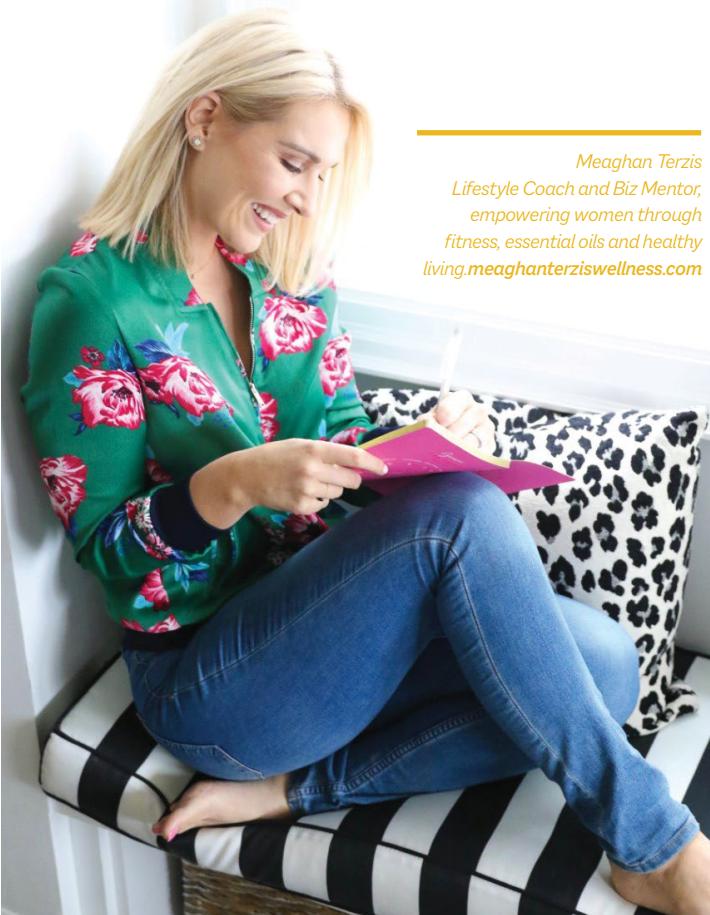
- 1 Wake up with affirmations (positive statements that can help challenge and overcome negative thoughts). Using affirmations intentionally and consistently creates a ripple effect of positivity.
- 2 Write down what you're grateful for and why.
- 3 Drink water. When you're properly hydrated you'll think more clearly and have a more positive mood.
- 4 Move your body for at least 20 minutes a day. Regular physical activity has so many incredible benefits, from muscle strength to greater endurance to improving cardiovascular health.
- 5 Say NO to the things that don't serve you.
- 6 Dance! Find a great playlist and listen to it as you cook or have a dance party with your kids.
- 7 Take a bath. This is a great way to wind down before bed. Try adding lavender oil to your bath and thank me later!
- 8 Get to bed early. Sleep is highly underrated! It helps with weight loss, energy levels and performing optimally the next day. ☺

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WORDING MATTERS! CHANGES TO THE DIVORCE ACT

On March 1, 2021, significant changes were made to the federal Divorce Act. Ontario amended its provincial legislation, the Family Law Act, and the Children's Law Reform Act, to be consistent with the changes to the Divorce Act. The changes in the legislation impact all parents, whether married, separated, divorced, or never married.

One significant change is the adoption of new terminology. The terms "custody" and "access" have been replaced with "parental decision-making responsibility" and "parenting time". The shift to new terminology is to steer parents away from the focus of winning and losing, as often is the case when parents dispute custody or access of the children. This new terminology is to move parents towards a more child-focused problem solving approach.

So instead of sole or joint custody, Parenting

Orders will now refer to sole, joint or divided decision-making responsibility. Decision-making responsibility encompasses those significant decisions about the child's well-being, including health, education, culture, language, religion, spirituality and significant extra-curricular activities.

Pushing parents towards a more child-focused problem-solving approach, the Divorce Act now sets out new duties for parents. Parents must exercise their responsibilities in the best interests of the child, protect children from conflict, where appropriate try to resolve matters through family dispute resolution, provide complete and up-to-date income and asset disclosure (when appropriate) and comply with Orders that have been made until they no longer are in effect. Parents are encouraged to recognize the importance of supporting the child's relationship with the other parent.

Other changes to the legislation include the duty for legal advisors to encourage clients to use family dispute resolution, unless it is not appropriate, for example in cases involving family violence or where there is a power imbalance between the parents. In addition to being required to inform clients about the client's duties under the Act, lawyers are also obligated to provide their clients with information about family justice services that are available and may assist them with resolving issues or complying with an Order.

The purpose of these amendments is to encourage parents to settle disputes outside Court. ☺

*Andrea Cooley,
Family Law Lawyer, Siskinds*



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LET THE GAMES BEGIN!

What are the rules about video games at your house and do you think they're fair?

Charlie: At our house, we are only allowed to play video games during the weekend. We wake up early Saturday and Sunday to play before our parents wake up. I think they are fair rules because too much screen time is not good for your health!

Harrison: I think my parents' rules about video games are a bit of both. It's fair because we are allowed to play on the weekends. But I wish we could play more during the week. Since we have been online schooling for the last couple of months, it cuts down how long we are able to play video games. Too much screen time is not good for your brain.

What are your favourite games and why?

Charlie: Fortnite is my favourite game because it's so much fun! I can play with my friends and family, and I love the characters and their dance moves. Many characters are based on real life people from athletes to musicians, and the superheroes are fantastic. NHL2020 is my next favourite game. I always play as the Vegas Golden Knights. I love how the team includes all players and teams old and new.

Harrison: My favourite games are Fortnite, NHL2020, Descenders (a Mountain Biking Game) and Star Wars. I like Fortnite because you can work on building skills and hand eye coordination. I like Descenders



because it's all about improving your skills of mountain biking. I love Star Wars because, well, it's Star Wars. And I love NHL2020 because I am always the Montreal Canadiens.

If you could invent a video game, what would it be?

Charlie: If I could invent a video game it would be an adventure game about camping. You could camp alone or with groups of people, and it would work in real time using the current weather conditions that are happening wherever you are in the game. It would have physical and mental challenges and you could gain points if you are environmentally friendly.

Harrison: If I were to invent a video game it would be a sports game about the Olympic Winter Games. There are so many cool winter sports like Biathlon (where you cross country ski and shoot at targets), Short and Long Track Speed Skating (it's so crazy) and Skeleton (where you go down a bobsled track face first on a tiny little sled). People in the Olympic Winter Games have nerves of steel. It would be a great video game. ☺

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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BACK TO FAMILY & FRIENDS TIME



As pandemic restrictions begin to fade away like a bad nightmare, and more people are getting fully vaccinated, you can almost hear the collective SIGH of relief from families everywhere – family time is back on the menu.

For far too long, we've been apart from our friends and family. We sacrificed so much for the greater good. We've had too many holidays, milestones, and celebrations apart. Our children missed cuddles with their grandparents, board games with aunts and uncles, play-dates with classmates, and sugar-high birthday parties. We missed meals with our families, BBQs with our neighbours, beers with colleagues, and meeting up with fellow dads at the park. The village that it takes to raise our kids disappeared for what seems like an eternity and it's finally time to take it all back.

As some restrictions lifted, we bubbled with another family with similar aged kids. Watching our boys re-learn how to play with other kids was both heartbreakingly sad and incredibly joyous. At first there was some uncharacteristic shyness and a painful “is it OK if we hug?” moment. But only minutes into the play date, all four children remembered how wonderful it was to play together, to touch each other again, and to talk about all the things they couldn't before. What really got me in “the feels” is when they started laughing together – that unmistakable belly-laugh that can only surface when surrounded by your friends. We all need to hear more of that laughter.

Now that our family members and close friends are all double-dose vaccinated, we are beginning to see them again. You can't replicate that joy that comes from kids squeeze-hugging their family and friends.

Sharing a drink or a meal together has become so much more meaningful and soul-warming. It's so cliché – and yet so true – to say that we didn't appreciate all the little things in our lives until they were gone. And here we are, experiencing them all over again and savouring every single minute.

It's time to focus on simpler times with our kin. It's time to gather and make plans again. It's time to let our guards down and touch one another again. It's time to stop dwelling on all that we missed and begin to heal and focus on all that we need. And yes, we NEED each other. It's finally time to focus on our mental health, which needs much repairing, and we will get there together, surrounded by the ones we love. ☀️



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Perineal tears can be graded from first to fourth degree. In a first degree tear the tear is limited to superficial perineal skin and vaginal mucosa. In a second degree tear the cut extends past the vaginal opening to the perineal muscles and fascia. In a third-degree tear, the vaginal opening, skin, muscles and anal sphincter are torn. And in a fourth-degree tear, all of the above, plus the rectal mucosa are torn. All perineal tears can benefit from seeing a Pelvic Health Physiotherapist in order to prevent the development of persistent pain and to learn how to mobilize the scar tissue to prevent further complications like incontinence and prolapse.



If you're experiencing your first birth, practicing perineal massage during your pregnancy can reduce your risk of tearing. Approximately 25% of birthing people who used perineal massage during their pregnancy did not tear at all. This is in contrast to people who did not use perineal massage, where approximately 15% did not tear at all (Labrecque et al., 1999).

In addition, use of a Midwife is also known to reduce the risk of severe tears (Mizrachi et al., 2017). In one recent study of 15,146 birthing people, working with an experienced midwife during your childbirth was associated with a

lower rate of third- and fourth-degree perineal tears. Of the 15,146 people studied, only 51 (0.33%) of birthing people experienced a third - or fourth - degree tear.

The application of a warm compress to the perineum may result in fewer third- and fourth-degree tears during childbirth (Asheim et al., 2017). This data comes from a review of different studies with >15,000 birthing people. This is a simple and cost effective technique you can ask your health care provider to use.

Spontaneous pushing (i.e., pushing when YOU feel like it) and choosing your own pushing position are both associated with a decreased risk of tearing. Positions like side-lying, that allow the tailbone to move, and having your knees together and ankles apart are some of the best for reducing risk of tearing (Edqvist et al., 2017). &

Nicole Guitar PhD(c) is a member of the Compass Rose Wellness Inc. team, practicing Orthopaedic and Pelvic Floor Physiotherapy. She has a Master of Science in Neuroscience and is a researcher and PhD Candidate at The University of Western Ontario.



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HOW IS YOUR FAMILY GOING TO RE-ENGAGE?

It is summer and we are re-engaging with life and trying new things after a different year. Some children will be apprehensive to play with kids, some kids will be right back in there, other kids will be a wee bit anxious to hang out with friends. How can we help this transition for kids and how do we discuss the topic of vaccination with kids? (Please seek medical professional's advice from the MLHU or your family doctor. They are there to help.)

One question I repeatedly hear from parents is what to do when a friend is not vaccinated and your wishes are to not have anyone in your home that isn't vaccinated? This seems straight forward when I ask physicians and psychologists. "This is about safety and respect. It is your house, your rules." If you went to their home for dinner and they asked you to take your shoes off, you would respect their wishes.

We have a rule: no non-vaccinated people in our house. Personally, this is how our family is moving forward.

Each family may benefit from sitting down and discussing what you are comfortable with in order to move forward with clarity.

The "vaccination talk" is hurting some families and close friendships. One professional shared a story of two girls who have been best friends since they were four years old. Now, one family wishes everyone coming into their home to be vaccinated, while the other girl's family is not being vaccinated. The one 16 year old girl who was not vaccinated went against her family's wishes and got herself vaccinated so she could be with her friends and be safe at work in a grocery store.

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



HERE ARE SOME TIPS TO KEEP KIDS FEELING SAFE WITHIN THEIR BOUNDARIES

- 1 Start with outside play - bike rides, flying a kite, sports, swimming.
- 2 Talking to our kids about friendships and what to expect from others is always good idea.
- 3 Make the first meeting with their friends casual and easy. Always bring your own water and mask.
- 4 Make a list of all the things your kids want to do this summer and see if they are safe and work for everyone.
- 5 Hugs are therapy and kids need them daily. ☺



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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. ☀

Katelyn was born and raised in the Niagara region of Ontario before moving to London where she spent 10 years at Western University completing a Bachelor's, a Master's, and a PhD in Kinesiology. Katelyn excelled in the world of exercise physiology and continues to pursue her passions with her current work at the University of Waterloo and Western University. While building her career in academia, Katelyn had her first son in 2019 and quickly realized how vital sleep was to both herself and her baby. Katelyn has become committed to helping other tired families get a good night's rest knowing firsthand that a rested family is a happy family!

When your child has healthy sleep habits, they are less grumpy, more alert and playful, eager to learn, and most importantly - happier! If your child isn't sleeping through the night, struggling to fall asleep, or waking up regularly, it might be time to invest in a sleep coach. Katelyn can help you build a plan of action with methods you are comfortable with and tactics that have been proven. While most books and programs dealing with child sleep issues take philosophical stands (based largely around the issue of "crying it out"), we believe that your child's sleep is much more important than our personal views on this subject. That's why the WeeSleep™ approach places so much emphasis on accommodating different parenting styles, lifestyles and living situations. The bottom line is that you, as a parent, need to be comfortable with your new sleep plan in order for it to work for your child!

Katelyn is also a lover of coffee, sweaty workouts, and family time. Her passion for health and wellness is evident in her understanding and compassionate commitment to helping families through her work at WeeSleep. Now pregnant with their second child, Katelyn is excited to continue learning from her own experiences and helping other families along the way with "mom-approved" tips and tricks to help babies learn the necessary skills for sleep.

For a FREE 15-minute consultation with Katelyn, you can book online through www.wee-sleep.com/full-consultant-list-booking and follow her on Instagram [@weesleep_katelynwood](https://www.instagram.com/weesleep_katelynwood).



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JENNIFER TAYLOR

*Dear Mom & Caregiver
Community,*

It is with a great deal of excitement that I introduce myself, and over the months ahead, share my passion and expertise for all things financial planning. I'm Jennifer Taylor, and I am a financial planner at RBC. I started my banking career right here in London as a teller when I was 17 years old. After graduating from UWO, I embarked on the most incredible career which started with a management training program and led me to one of my career goals as an executive in the role of Regional Vice President for the London St Thomas market. Along the way I was faced with balancing being a busy mom and also prioritizing what it takes to be successful in my career. At one point I took on a part time role as a way of bringing my



best to work and family. About five years ago I made another personal decision and I chose to get back to working directly with clients. I took the financial planning role because I have always been passionate about building trusting, collaborative relationships. In this role I enjoy partnering with clients that are committed to setting clear goals and being engaged in improving their personal financial situation.

I just celebrated my 26th wedding anniversary to my husband, Joe. I have two wonderful adult children, Nicole and Sam, and two seriously cute dogs, George, an English bulldog and Dash, our Frenchie. The combination of life and work experiences and ongoing educational qualifications means I can advise and support individuals, couples, parents, single or otherwise, families and business owners at any life stage.

My passion is applying the knowledge, skills and experience I have gained over the past 30+ years to help my clients develop a very personal approach to achieving their goals. Most goals, whether small or large, have a financial element to them. I love taking the time to understand what matters most to you, then recommending strategies for reaching your goals - whatever they may be! My best days are when I am with clients and together finding ways to ensure they feel more informed, confident and empowered when it comes to the important aspect of finances in their lives. Until next month...

P.S. Check out my website: www.advisor.rbcfinancialplanning.com/jennifer-taylor ☺

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MAD HATTER MOM

I read a story to my daughter, "Have You Filled a Bucket Today?" by Carol McCloud. It is a kid's guide to daily happiness, which explains the basic concept of an invisible bucket to hold your good thoughts and feelings about yourself. I very much operate on this concept. I am happiest when I make people around me happy. When my bucket runs dry, not only do I suffer emotionally, so do the people surrounding me.

I recently called a time-out. Something had to give. My bucket had run dry. At work, the responsibilities and expectations were mounting with little acknowledgement. At home, the responsibilities and expectations were mounting with little recognition. My bucket was running low and being distributed disproportionately between my responsibilities.

I found I was spreading myself so thin across all facets of my life, that what I was accomplishing was a lie and a promise to do it better next time. Not good for a goal-oriented high achiever. Little details were starting to be missed (also unlike me). Normally small issues were becoming mountainous obstacles. Relationships were being sacrificed.

Emotions aside, my physical health was depleting as a result of this stress. For two weeks, I recorded all of the physical side effects I noticed had changed in the past year or so. I was appalled when that list hit 5, I was concerned when it hit 10 and I got scared when it hit 15. Time to call the doctor.

He was great, he listened, he empathized, and he acknowledged that I wasn't alone. He

said that he and his colleagues are seeing so much burnout from moms right now that they've lightheartedly coined a term for it - the Mad Hatter Effect. He explained that moms are wearing all of these hats, and they're all operating in 6th gear, and the engine is starting to break down.

As restrictions gradually lift, I am seeing more people, and sharing my experience with other moms. I am hearing the exact same feelings and symptoms; it was like they were taking the words out of my mouth. This is normal and a symptom of the new normal. We need to relearn that self-care is a priority. We need to fill our buckets. &

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.





INTRODUCING THE FAMILY DOG TO YOUR NEW BABY



Bringing home a new baby is an exciting moment for the whole family, but it can also be a confusing and stressful time for our furry family members. While preparing your home for your new arrival, don't forget to get your pup "baby-ready" as well.

ROUTINE

Even dogs who love children can have a tough time adjusting to the new routine that comes with a newborn. This may manifest as inappropriate behaviour or house soiling. To prepare, if your dog's walks or mealtimes will be changing, try to implement these changes gradually in advance. It is also prudent to put baby-related items around the house and to simulate new actions such as diaper changing before the baby's arrival.

TRAINING

Proper training can help prevent accidents

and will help everyone cope with the excitement upon your little one's arrival. Ensure your dog can sit, lie down, and stay even in a distracting environment without food rewards. If your dog has previously shown aggression towards children or adults, or shows signs of predatory behaviour (chasing /killing small mammals), enlist the help of a behaviourist in advance for specific advice on training and how to properly introduce your baby to your furry family member.

BRINGING HOME YOUR BABY

When it's finally time to bring home your newborn, a slow introduction is always best. Remember to watch your dog for subtle signs of anxiety (such as lip-licking, yawning, or stiff body language), give lots of breaks, and don't punish your dog for unwanted behaviour. Start by leashing your dog and confining them to another room of the home. Once the

excitement of your arrival has passed, introduce the dog to the scent of the baby first. You may then allow the dog to view the baby from a distance, telling them to "sit" and "stay". Once they are calm, you may allow the dog to approach the baby while carefully supervised. The whole process may take several hours before the dog actually meets the baby.

If you grew up with a dog in your childhood home, you likely already know how special the connection can be between a child and their fur-siblings. By preparing for a smooth transition in advance of your new baby's arrival, you can help to set the foundation for a bond that will last a lifetime! ☺

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



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3 TIPS FOR MAKING HEALTHY EATING EASY THIS SUMMER

Anyone else experiencing quarantine fatigue? I thought so! How about cooking fatigue?!? As much as our world is starting to open a bit more for us to enjoy (yay!), I'm lacking in motivation and interest in making home-cooked meals. Now that summer is here and it's so beautiful outside and patios are open, it's so much easier to nix the idea of cooking and head out to enjoy a meal made by someone else! Now don't get me wrong, I'm all about supporting local, especially now more than ever, but we all know that eating out all the time is not sustainable financially, and can be an unhealthy habit.

That's why I'm here to make your life easier with my top three tips for preparing healthy AND simple meals at home, with little prep and actual cooking time.

1 USE FROZEN AND CANNED GOODS

Frozen and canned veggies, fruits and beans are usually harvested at the peak of the growing season and can be a shelf-stable alternative to fresh produce. Canned fish is also a great option for whipping up budget-friendly healthy meals! Burritos are our favorite thing to make for a quick and healthy meal. The sky is the limit when it comes to fillings. Our fave combo is shredded roasted chicken (can use store-bought rotisserie chicken), canned corn, shredded cheese and sautéed veggies (I usually sauté up a bunch of peppers and onions to have over a few days). Fill, roll and either pan-fry or pop in oven or microwave to heat through.

2 NO-COOK OPTIONS

When the humidex is causing sweat in places you never knew you could sweat, the last place you want to be is hanging out around a hot oven or stovetop. There are many ready-to-eat options that are perfect for quick meals. Canned tuna is delicious on toast and takes less than five minutes to put together. Another one of my faves is mashed avocado on toast with a sliced hard-boiled egg. Enjoy with a salad and you're good to go!

3 KEEP IT CHILL

Did somebody say smoothie?! If you're craving something cold and filling, smoothies can be a great way to combine fruits, vegetables, nuts and seeds into a snack or meal.

Happy, healthy,
no-cook and
stress-free eating
everyone! ☀️



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

A RUNDOWN ON CHILDHOOD DEVELOPMENT

This month's topic is an extension from last month's human gait article. If you missed it, here's the rundown: gait simply refers to the way in which we walk. Gait is a complex, full body motor pattern that we depend on to get around. Watching our little ones learn this important milestone is really quite fascinating! That's why this month's focus will be on childhood development.

WHAT ARE DEVELOPMENTAL MILESTONES?

As children grow and learn new skills, they hit what we call milestones! These are key checkpoints that serve as building blocks for future skills. A "motor milestone" specifically describes the age at which a child develops skills such as sitting, crawling, and standing.

- 6-8 months: Ability to sit without support
- 9 months: Ability to crawl
- 12-14 months: First steps!

- 18 months: Most children are able to walk independently
- By 3 years, children normally have a well-established gait pattern.
- By 7 years, children normally have a gait pattern resembling an adult's

At first, the child may look like they are waddling with their feet very far apart and their arms out in front. Do not be alarmed - the child is instinctively widening their base of support to increase stability. Approximately six months after they take their first steps, toddlers develop a more natural gait, holding their hands at their sides with their feet closer together. By two, your child will be quite proficient and start to



adapt the smooth heel-to-toe motion used by adults.

Not reaching individual milestones doesn't mean there is a problem. It is important to note that milestones are based on an average mark of a very large sample of the population and variations in motor development are expected between individuals. The doctor will monitor your child's walking patterns over several years to ensure their legs continue to develop and their gait becomes more typical over time. Fortunately, some gait abnormalities can resolve without any intervention as the child grows.

If you have any concerns about how your child walks, we recommend speaking with your paediatrician. Can't get in to see your family doctor? Book a complimentary consultation with one of our orthotists to assess how your child walks and provide tools or resources to get your child on the path to success! ☺

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RESILIENCY: COME BACK BIGGER, STRONGER & BETTER THAN BEFORE

We've all faced challenges at one point or another and building resiliency is not about preventing challenges from happening altogether. Challenges are part of life and a major part of running a business. Resiliency is what you develop by shortening the amount of time you stay stuck in a challenge. If you're someone who stays stuck in a challenge for weeks or months at a time, chances are you could use some work on strengthening your resiliency.

Like most things in life, in order to make significant changes, you must first identify the issue and have the awareness that it is something you struggle with. Reflect on previous challenges you've faced and be honest with yourself with how quickly you recovered from the challenge. Naturally some challenges you face will take longer than others, but if we learn better strategies on developing resiliency,

then we can shorten the amount of time we stay in a state of frustration.

Here are my top tips on building resiliency and being able to get back up bigger, stronger and better than before:

- 1 Be ready so you don't have to get ready. This is a proactive approach that works wonders! Always do consistent daily things that help you be your best self so that when a challenge comes your way you're already in a good headspace with the right mindset to make the best decision.
- 2 Learn to instantly look for the lesson in tough situations. When a challenge arises, get in the habit of asking yourself these questions: What can I learn? What is the universe or God or Creator (or whomever you believe in) trying to teach me?

3 Surround yourself with like-minded people and make relationships a priority. When we go through challenging times, it's important to have positive, uplifting people to lean on. Don't underestimate the power of community support and building your tribe.

Tune into my podcast called Scrap The Sweet Talk to hear about the rest of my top 10 tips! This particular podcast episode was sponsored by local realtor Sarah Poirier at Leading London. You can find my podcast on Apple, Google, Spotify or anywhere podcasts are available. &

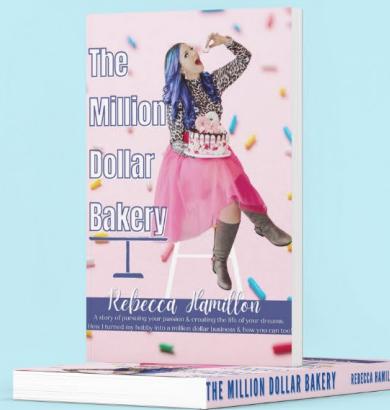
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THE SCHOOL OF THEIR DREAMS

Would you like your child to be able to afford to go to the school of their dreams without having to pinch pennies for 20 or so years?

- A student needs \$25,000 per year for college/university
- There are 18 years to save
- \$300 per month target savings

Infinite Banking is a concept created by Nelson Nash in his book "Becoming Your Own Banker". It uses specifically structured whole-life insurance policies that distribute dividends and accumulate cash value. This allows you to create a "family bank" that you can use to build an emergency fund, plan for retirement, optimize investments, or in this case pay for college. Historically these policies have growth at ~5%+ annually and have guaranteed cash values. Let's look at how this would look for a 35 year old male with an assumed rate of 4.5%, a contribution of \$300 per month and cost of \$25,000 per year:

You will be in an accumulation phase for the first 18 years as you accumulate more than \$90,000 in cash value. At that point you will begin to withdraw expenses for tuition, etc. These are taken out as loans against the policy. So after four years of university, the loan balance is \$113,000, and the dividends and cash value continue to grow! Our plan is to encourage our children to pay this back over time so that they have access to the funds later in life for a house, funding a business, paying for a wedding, etc. "But I don't want my child to have any debt after college!", you say. This is not a debt to a loan originator. This is

a debt that you pay back to yourself. We feel that sharing the ability to pay for university is highly beneficial and provides the following opportunities:

1 UNDERSTANDING that there is an opportunity cost to going to college. I want my children to know that there is a monetary cost and a time cost.

2 FINANCIAL ACUMEN AND DISCIPLINE:

After they understand the opportunity cost and ROI (Return on Investment), they will have the discipline to pay this money back. When they start making loan payments their loan balance will decrease, cash value will increase, as will the death benefit.

3 FUTURE: Once the loan is paid back, my children will have the ability to access this cash throughout their lives. How different life could be if our students had access to these funds after university and not just up to university? ☺



Cole Snell, Wealth Architect
Ascendant Financial

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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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