

THE MOM & CAREGIVER™

NOVEMBER 2021
VOLUME 23 ISSUE 11

www.themomandcaregiver.com

**ADULT ACNE: NOT JUST
THE TEEN YEARS 08**

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ABOUT MONEY 17**

**PEOPLE PLEASING
IS OUT.
AUTHENTICITY IS IN 22**

**LOUIE...
LOUIE!**



PIZZA HUT LONDON

LOCALLY GROWN AND FAMILY OWNED



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@londononpizzahut

Hey London,

We would like to introduce ourselves - Kari and Ashley Hilton. We're the proud owners of the Pizza Huts here in town.

Pizza Hut London was established in 1986 when Jeff and Kathryn Hilton opened the first of nine Pizza Hut locations right here in the Forest City. After many great years in the business Jeff and Kathy passed the torch to the next generation. We couldn't be more proud to follow in their footsteps.

We both work hands on in the restaurants and behind the scenes while raising our three young children in London, just as Kari's parents once did.

Supporting other locally owned businesses is one of our top priorities. We enjoy giving back to the community by holding fundraisers for local charities and uplifting other local businesses in Forest City. Our annual 12 days of local giveaways on our Instagram page is one of our favourites.

When you order Pizza Hut you're not only eating the best pizza in town you're supporting a locally owned and family grown business and for that support we are truly thankful. We want to make our customers proud to order Pizza Hut and we will continue to work hard to do so.

Not a Londoner? Don't worry, we got you - our locations also deliver to Komoka, Kilworth, Ilderton, Byron and Lambeth.

Much love,

Ashley and Kari Hilton



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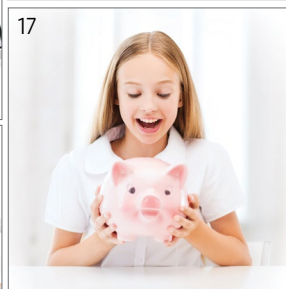
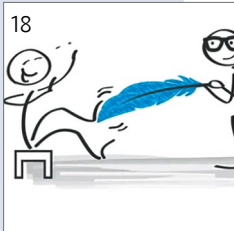
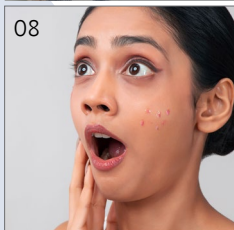
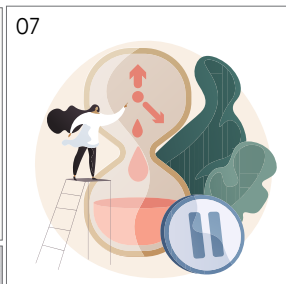
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Easton arrived nervous and took a long time to warm up at his photo shoot. But mom and our photographer worked hard to get the perfect shot. It works great when you hide dinosaur stickers in the fancy bag as a treat for the end of the shoot!

Photographer
Photostylists

One-12 Photography
Sabina Manji
Melissa Warkentin

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

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REMEMBER TO REMEMBER

I believe it is so important to remember Remembrance Day. Our lives are busy, and we are in the midst of a long-lasting pandemic. But I think we need to take a moment, and teach our children to take a moment, to remember those who have served, and who continue to serve Canada during times of war, conflict and peace. There have been more than 2 300 000 Canadians who have served throughout our nation's history, and we have sadly lost 118 000 Canadians. So please remember them while you take a silent moment on the eleventh hour of the eleventh day of the eleventh month.

We also celebrate Hanukkah this month - it begins the evening of Sunday, November 28th. Turn to our Events page to celebrate with your family in unique ways. Make a teensy-tiny menorah or watch a beautiful sand animation of the Hanukkah story. We would love to see and hear how you celebrate, so tag us on Instagram and Facebook with your Hanukkah pictures and stories!

Each month in The Mom & Caregiver magazine, we strive to educate parents about their children, but also about themselves. A caregiver can only care for others when she or he has first taken care of herself or himself. So this month, read fantastic articles on teaching your kids about money (p. 17) and speech and language development (p. 06). But also educate yourself on adult acne (p. 08) and being your authentic self (p. 22). Plus, the entire family will benefit from this month's recipe. Nothing's better than a dinner that is easy, yummy and nutritious (the triple threat, or should I say triple treat!) so spiralize your way to pesto pasta on page 20.

Some people feel that November is a long, boring month full of grey days. But this month has always been very exciting for me - it's my birthday month! I truly love giving more than receiving on my special day, so keep an eye on our socials for your chance to win a *pizza the love*. That will be sure to add some sunshine to the greyness!

Love *Sabina*



*In November, the trees are standing all sticks and bones.
Without their leaves, how lovely they are,
spreading their arms like dancers."*

- Cynthia Rylant

Editorial photography
by Flavia Zaidan
Make-up by Sanah Zebian

2021EVENTS

November

Haven't Raked Yet?

Find 25+Leaf Activities for Kids,
www.toddlerapproved.com/2018/08/25-leaf-activities-for-toddlers.

02ND

Write a Postcard for Peace
to a Canadian Veteran,
www.veterans.gc.ca/eng/remembrance/classroom/postcard-for-peace

04TH

Fall Back!
Daylight Savings

07TH

It's Slow Cooker Season!
www.themomandcaregiver.com/slow-cooker-chicken-and-pasta-soup/

09TH

Remembrance
Day - Lest
We Forget

11TH

Be a Dancing Queen
with this Craft,
www.themomandcaregiver.com/dancing-queen-or-king/

13TH

Chilly Weather Calls
for a Warm Drink,

www.themomandcaregiver.com/mix-ins-and-topping-ideas-for-hot-chocolate/

17TH

Even Babies Can Craft!
www.themomandcaregiver.com/paintin-with-puddin/

21ST

Make Taco Tuesday Unique!

www.themomandcaregiver.com/slow-cooker-chicken-taco-soup/

23RD

Watch the Hanukkah Story in
Beautiful Sand Animation,

www.chabad.org/multimedia/video_cdo/aid/1733433/jewish/Chanukah-Sand-Art.htm

28TH

Build a Teensy-Tiny Menorah,
www.biblebeltbalabusta.com/2013/11/12/altoids-tin-menorah/

27TH

The 2021 Canadian Country
Music Awards, Budweiser Gardens,
www.budweisergardens.com

30TH

Happy
Hanukkah!

29TH



Have fun with your clothes!

MIX IT UP: Play around with mixing patterns! You will be surprised at how put together an outfit looks that contains different patterns. Start small if it scares you by adding a patterned belt or scarf and keep the outfit in the same colour family as a first step.

WEAR COLOURS TOGETHER THAT YOU AREN'T SURE EVEN GO: Who would have thought 10 years ago that red and pink would complement each other so perfectly?!

JUST HAVE FUN! For example, a chunky corduroy acts as a pattern when paired with plaid pants.



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PUTTING WORDS IN THEIR MOUTH: SPEECH AND LANGUAGE DEVELOPMENT

Many parents eagerly await their baby's first words, but so often we forget that communication and literacy begin much earlier. Here are some common ways your child will communicate during the first few months and years of their life:

- At 2 months your baby can make different sounds, and at 4 months your baby will use these sounds to 'answer' you. These may include cooing, gurgling, or other noises they like to make.
- At 9 months your baby will babble, respond to their name, and use sounds to get your attention.
- At 12 months your baby will start to put sounds together like they are talking, and will use three or more simple words like mama, dada or cat.
- At 18 months your child will use 20 words regularly, and respond to simple questions with words or gestures.
- At 2 years your child will use sentences with two or more words, and at 3 years old your child will use sentences with three or more words.

As a parent or guardian, you play an important role in helping your child learn how to talk and communicate. You can use language in fun ways to help develop these skills:

- Talking and singing (even if it's off key!)
- Books, books, books! Reading is a great way to build literacy skills. First-time parents in London and Middlesex County can get a free Baby's Book Bag at any public library or EarlyON/Family Centre www.healthunit.com/early-child-development-literacy#baby-book-bag.

- Play games that use sounds or words. Everyday activities like bath time, family meals or as part of your child's bedtime routine are all opportunities to make literacy fun!^{12,3,4}

What should you do if you are concerned?

- Visit the Middlesex-London Health Unit's Early Childhood Development webpages at www.healthunit.com/early-child-development.
- Speak to your family doctor. They may recommend a hearing test to see if your child has hearing loss. Even mild hearing loss can impact a child's speech and language development.
- All newborns should get a hearing test as part of the Infant Hearing Program www.infanthearingprogram.com/. If your newborn did not get this done, call **519-663-0273** or **1-877-818-8255** to arrange a test before eight weeks of age.
- tykeTalk.com offers speech and language programs for children in the Thames Valley District for children from birth to school-aged. A licensed Speech-Language Pathologist will complete an assessment and help determine which therapy program is best.
- Check out programs at EarlyON Child and Family Centres at www.familyinfo.ca/en/27/About/.

Have fun making literacy a part of everyday life with your child. And remember, every child is unique and develops at a different rate. If you are concerned, reach out for support. 🗣️

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Submitted by Jordan Tompkins, RN PHN on behalf of the Middlesex-London Community Early Years Partnership



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HOT FLASHES ARE POWER SURGES

It is said that we are living in a time of the silver tsunami. The boomers have now reached into their 50s and 60s. This generation has always been proactive and well informed about issues related to health. Women of this generation (my generation) will not accept the patriarchal model of medical care of the past. Medicine has also adapted and engages in a shared decision making model. This is particularly true when we make decisions about the entry into menopause.

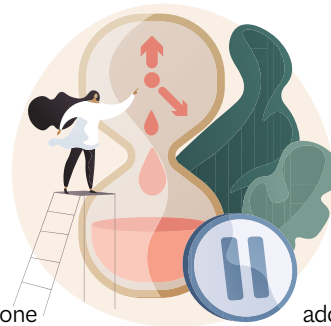
Menopause is defined as being one year after the last period. It is essentially when our ovaries have fully stopped producing eggs. There is a transition period that varies from more frequent heavy periods to spread out and scant periods. This transition period is called the perimenopause. Some of the symptoms of menopause can begin in that transition phase.

There are distressing symptoms such as hot flashes, difficulty with sleep, mood changes,

irritability and vaginal dryness. There may also be loss of libido and painful intercourse. There are also unseen effects such as loss of bone strength and change in risk for heart disease.

There are many options for decreasing symptoms of menopause and for lessening the risks associated with menopause. The most notable is hormone replacement therapy where the hormones that the ovary is no longer producing are replaced. In women who do not have a hysterectomy, it is important that this include the balance of both estrogen and progesterone. There are other treatment options that are specific to symptoms experienced. Some medications may help with hot flashes; estrogen creams may help with vaginal dryness and pain with intercourse.

In preparation for visiting your primary care provider it is important that you take stock of the symptoms experienced. If you are experiencing



only hot flashes and do not want to start on hormone replacement therapy (HRT), there may be other options. In addition, learning your family history may help in making decisions.

Is there a family history of osteoporosis?
Is there a family history of breast cancer?
Knowing which risks are specific to your own history might help to come to a decision about what treatment is best for you.

In addition, remember that although menopause is a natural stage of life, we are living a lot longer than we used to and it is important to consider the quality of our lives for many years to come. When we reframe hot flashes as power surges, it is upon us to use that power to better our health. 🌟

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

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ADULT ACNE: NOT JUST THE TEEN YEARS

Lots of people are unaware that adult acne exists, and many don't know how to treat adult acne. People have this misconception that acne only happens during the teenage years and gradually wears off as they age. For most people, this fact may be true, but it is important to note that there are a significant number of adults that experience acne.

There are lots of reasons why a person develops adult acne, but it is important to take note that the majority of the people that suffer from this condition are those who also experienced acne problems during their teens. It is also important to remember that the treatment is not the same as when you were in your teens since your skin is different from how it used to be. Here are some tips for treating adult acne:

① Buy a reputable over the counter acne treatment product. OTC products can easily treat mild acne breakouts. Nowadays, there

are many acne treatments available in the market, but you need to be aware of the product's safety, and if it suits your skin type. Some products were proven ineffective and might have harsh elements that could further damage your skin. Consult your dermatologist if you are concerned.



② For serious breakouts, OTC products may not work. You can undergo a cosmetic procedure in a reputable derma clinic. Cosmetic procedures such as microdermabrasion and laser resurfacing are some of the common procedures to treat adult acne.

③ Get your hands off your face! Never squeeze your acne. A lot of adults have a desire to squeeze or prick their zits, which will only push the infection deeper into the skin.

④ Eat healthy food. In order to flush away toxins that could cause acne, you need to drink a lot of water and eat fruits and vegetables. Keep in mind that well-hydrated skin has a better chance to rejuvenate than dry skin. Also, try to live a healthy lifestyle by being well-rested since stress is one of the causes of acne as well.

Remember- Relax, Regenerate, Revitalize yourself. &

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ESSENTIAL OILS ARE ESSENTIAL TO MY EVERYDAY

Since we're exposed to so many toxins in our everyday life, it is so important to swap out some of these harmful products for more natural, safe products like essential oils.

I was introduced to essential oils seven years ago and I didn't think they would be for me, but I was pleasantly surprised by the results I got from these little bottles. As I started to research, I found out quality matters, and this is the biggest reason why doTERRA is the company I trust. I want the purest, most potent and most tested oils available to me and my family.

Here are my top three oils I can't live without:

PEPPERMINT: Peppermint is a great oil to pick you up. It is wonderful to support the airways and promote clear breathing. It's great to use if you experience head or neck tension. It's my go-to first thing in the morning!

ONGUARD HAND SANITIZER: OnGuard Sanitizing Mist purifies hands by eliminating bacteria and other germs on the skin. The moisturizing formula effectively cleanses hands without drying the skin. I keep it in my car, purse and send it to school with the kiddos.

LAVENDER: Lavender essential oil is often considered a must-have oil due to its versatile uses. Its calming and relaxing aroma promotes a peaceful environment conducive to sleep and it can ease feelings of tension. You will always find this in our diffusers at night and a wonderful oil to use in an Epsom salt bath before bed. 🌿



Meaghan Terzis - Lifestyle Coach and Biz Mentor, empowering women through fitness, essential oils and healthy living. meaghanterziswellness.com

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AUTO ACCIDENTS AND THE CAREGIVER BENEFIT

If you have been injured in an auto accident in Ontario, you are likely eligible for statutory accident benefits. Accident benefits are available under the automobile policies of the involved vehicles or, in certain circumstances, under the Motor Vehicle Accident Claims fund where uninsured vehicles and individuals are involved.

Statutory accident benefits provide coverage for things like medical and rehabilitation expenses and attendant care following an accident. There are also certain weekly benefits available to injured persons, including income replacement benefits, non-earner benefits, and caregiver benefits.

A person may be eligible to receive a caregiver benefit if they were not employed and were providing full time care to dependents prior to an accident and can no longer provide that care due to their accident-related injuries. The


amount of the benefit is up to \$250 per week for the first dependent and \$50 for each additional dependent, which helps to cover the costs associated with hiring another caregiver to care for the injured person's dependents.

Under the standard accident benefits coverage, the caregiver benefit is only available to people who have sustained catastrophic impairments as a result of an accident. There are several different ways for a person to be deemed catastrophically impaired following an accident but suffice it to say that the injured person must have sustained serious and lasting injuries and impairments in order to meet this designation under the applicable legislation.

In Ontario, it is possible to purchase enhanced statutory accident benefits coverage, known as optional benefits. Adding enhanced optional benefit coverage to your automobile policy can



expand the eligibility to access a caregiver benefit following an accident, from only applying to persons who have sustained a catastrophic impairment to applying to persons who have sustained any injury, provided of course they meet the other criteria for entitlement. Adding this coverage may be highly beneficial if a caregiver is later injured in an accident and unable to meet their caregiving responsibilities due to the injuries they sustained.

If you have been injured in an accident, the Siskinds' personal injury team is here to provide legal expertise and advocacy with skill and compassion. 

*Christina Martin,
Personal Injury Lawyer, Siskinds*



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LIVING THROUGH A PANDEMIC AS A KID

What does it feel like to be living through the COVID-19 pandemic?

Charlie: Put it this way, we JUST recently went into a grocery store with our mom for the first time since the pandemic began. It was so weird! I don't think I will ever get used to seeing people in masks. I remember during the first lockdown, the streets in our neighbourhood seemed empty and we weren't allowed to see our friends and family. It seemed quiet outside except for the birds. I've never really been worried about it because we are healthy and lucky to live in a country like Canada.

Harrison: It seems like it began so long ago. It feels like it is almost normal now. I remember our first last day of school, March 9th, 2020. We didn't know that it was our last in-person day for our grade four year. Knowing that our last full year of in-person learning was grade three makes me feel like we have missed out on so many things.

What have been the most difficult (or best) times for you and your family?


Charlie: The hardest thing was not seeing my friends and family during the first part of the pandemic. I hated online learning. My teacher was great but I don't think I learned the best when being taught online. I like to be part of a classroom. Sadly, we missed out on school sports, choir,

field trips, library and playing outside at recess.

Harrison: Our mom works at a school so it was actually kind of nice having her home with us during school shutdowns. She kept us on a schedule and made our days seem kind of normal. The hard part was not seeing our friends and family for long periods of time. I drove my brother nuts during lockdown. But spending more time together made my brother and I feel a lot closer.

What do you think the history books will say about this time 100 years from now?

Charlie: I really don't think people looking at pictures and reading stories will understand how hard this pandemic has been on people. So many people have died. So many people have spent time alone because they had to. That's really hard.

Harrison: People will look back and see us doing everyday things with masks on. They will write about some people thinking we should have a vaccine, and others thinking we shouldn't have a vaccine. I know it helps everyone but it seems to be what most people are talking and fighting about right now. 

Meet 11 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.



Chasing Rainbows

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THE ROLE OF ROUTINES





Just one more chapter, please!"

This seems to be the latest phrase to be added to our family bedtime routine. Once kids are bathed, teeth are brushed, and PJs are on, they each choose a book and meet us in our bedroom. We all pile up on the bed, get cozy, and read together as we wind down for the night. Lately, the selections include a chapter from Harry Potter for our eight-year-old, and our six-year-old will often pick a book from his current favourite author, Todd Parr. The bedroom is quickly filled with character voices, giggles, and enjoyment from us all – I need to remember to take a pause and truly cherish these moments.

Once stories are done, we each take turns tucking in one of the boys in their beds. Our oldest likes to review the highlights of his day accompanied by hugs and kisses, while our youngest still loves being sung to and snuggled with. The precise and

unwavering routine is exactly the same every night, right up to the final ritual speech, "Good night, sweet dreams, I love you". Routines like this one are essential in our family. They help us stay organized and focused on what needs to be done. Plus, they create dedicated time that we spend together. The repetition and predictability of these routines make parenting a bit easier since everyone knows the expectations. Bedtime is never a fuss and there is no arguing about it.

There is so much in our lives that we have little control over (especially during this ongoing pandemic), so having some regularity and certainty is good for the family. Even on our most unpredictable of days, we try not to waiver from our most sacred routines. It's these practices that help define what make a family unique; they strengthen family relationships and kids develop a sense of security and belonging.

So, what makes a good daily family routine?

GOOD PLANNING: Set clear roles that everyone feels are reasonable and fair. As kids get older, let them have a say as to how the routines evolve.

REPEAT OFTEN: Make it part of your every day (or every weekday/weekend). Stick to the plan no matter what pops up in your day to emphasize how important the routine is.

PREDICTABILITY: Keep the routine and the roles the same, every day. It may take some training at first but once the kids have it figured out, routines should run by themselves. 🧘

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

MANUAL OSTEOPATHIC CARE

It's an exciting time preparing to welcome your new baby into the world! Pregnancy displays the adaptability of our bodies. Pregnant moms experience new mechanical forces and strains, hormonal changes, and fluid movement changes, as baby grows and develops. Osteopathic manual practitioners provide support for these body changes throughout pregnancy and beyond, to encourage greater comfort, mobility and ease.

PREGNANCY: A FEW NOTES ON HOW THE BODY ADAPTS

BODY MECHANICS - As baby grows, your posture will respond to different forces affecting the body, resulting from the increasing size and weight of the uterus. This means that some structures in your body are under greater stress than what they're used to, and this can lead to discomfort. Changes in hormones that soften your body's connective tissues can exacerbate the effect of these forces. These changes in body mechanics are normal, but not always comfortable. Your osteopathic manual practitioner can help

relieve aches and pains by freeing restricted tissues, and supporting your body's whole, integrated framework.

FLUID CHANGES - A greater fluid volume circulates during pregnancy, combined with hormonal influences that promote fluid retention, and mechanical restrictions that hinder fluid drainage; you may find that your wrists or ankles are swollen. An osteopathic manual practitioner can assess for joint and tissue restrictions that may be creating a mechanical barrier to fluid drainage within the body.

BREATHING - Breathing can become more difficult throughout pregnancy as the ribcage changes shape and the forward pull of the uterus places new tensions on the respiratory diaphragm. The respiratory diaphragm acts like a pump within the body. Its unrestricted movement helps transport fluids through the circulatory system in the low-pressure venous and lymphatic vessels. To help you breathe better, an osteopathic manual practitioner can assess the structures influencing your ribcage



and respiratory diaphragm, and get these structures moving more effectively.

The goal for manual osteopathic treatment during pregnancy is to support these natural changes and provide a gentle helping hand in keeping your body in its best working order. Treatment with an osteopathic manual practitioner addresses the body as a whole, integrating the anatomy for optimal function.

Osteopathic manual therapy supports both mom and baby after delivery as well. Treatment helps with birth recovery, feeding issues, sleep and more. 🧘‍♀️

Jennifer Herring, M.OMSc., Osteopathic Manual Practitioner, Compass Rose Wellness Centre, Komoka



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SELF-TALK IS FOR KIDS AND PARENTS

Self-talk refers to the ongoing internal conversation with ourselves that influences how we feel and behave. For example, if you find yourself in a traffic jam while rushing to work one morning, your self-talk could say, "My whole day is ruined" or you could say to yourself, "I will just push things back today and make up the time later." How we talk to ourselves all day determines our mood, productivity, our relationships and our mental health.

What are the benefits of self-talk?

- Self-talk builds psychological development and confidence.
- Children need to learn self-talk to make decisions like, "Should I hit him for taking my toy?" or "Should I wait my turn for the toy?" The first quote is impulsive and is a younger child's natural thought. As they age, they

learn that there is a consequence for hitting. The second quote states their new level of reasoning and cognitive development.

- If your child plays on a sports team, they will need to learn self-talk to develop sportsmanship, improve their skills and reach a higher level of play when the handling of pressure and criticism are pivotal to competition.
- Self-talk helps us assess risk in dangerous situations.
- It helps us be more employable, more teachable and more coachable.
- It helps us build a healthy mindset.

Steps for parents to teach self-talk:

- When you talk to your kids, avoid screens and focus on language.
- Talk out loud about what you are doing, even when doing the simplest tasks.
- Teach children how to identify emotions and what they mean.

- Teach them Mantras, which are important in developing confidence and a healthy mindset. They can help build character and give us strength during challenging times. Find Mantras that are appropriate for the age of your child. "I am fast, I am strong like a lion, I am a good worker."

Sayings like "I can't, I won't, That will never happen, I hate that" will build negative self-talk. Negative self-talk can spiral quickly out of control and lead to anxiety, depression and self-doubt. Positive self-talk helps prevent mental health issues and self-doubt.

Prepare your kids to have a healthy inner dialogue for life! 🗣️



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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. 🌐

"Dexter, I've hardly seen you today—put down your phone, please." Dexter barely glances up, saying, "Dad, I can multitask!" "Listen, let's trade. Meditate for 20 minutes and tonight you can have one hour of uninterrupted screen time. Deal?" Grinning, Dexter exclaims, "Deal!"

As parents, we want to encourage our kids to interact with technology. Yet, we also want them to have a balanced life. We want them to have the opportunities they need to grow into healthy, responsible adults. Finding the right balance led Jason Brown—dripdrop's founder—to launch a new app that ends the Screen Time Struggle. The result: a better father-son relationship and a fast-growing community dedicated to improving family life.

dripdrop makes it fun for kids to do the activities parents want them to do. When families discover dripdrop.gg, they learn to create WinWin outcomes.

WHAT'S WINWIN?

Parents love that dripdrop provides trusted kid-centric lessons to tweens and early teens. From valuable life skills to developing healthy habits—kids do it with enthusiasm! Kids love that dripdrop is gamified and they can earn rewards for the things they crave. Rewards like gift cards for their favourite brands, time with mom, or the ability to stay up late. Everybody wins!

DOES IT WORK?

Jason's son Dexter now meditates, spends more quality time with his dad, and is finally making his bed. Jason feels closer to his son and doesn't miss arguing over screen time. He's proud that his son is now becoming the hero of his own life.

WHAT ARE LIFE UPGRADES?

Life Upgrades are short video lessons that teach kids life skills. Parenting expert Jennifer Kolari teaches kids to manage anxiety. Life Coach Lisa Seward gives kids tools to handle bullies. Youth speaker and entrepreneur Sam Demma inspires kids to become leaders. New Life Experts keep the content fresh, inspiring, and relevant.

HOW THE APP WORKS:

- * make trades for what you both value most
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- * parents unlock rewards

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TEACH YOUR KIDS ABOUT MONEY AT ANY AGE!

Whether your kids are in pre-school or high school, now is always a great time to teach them about money. Getting the conversation started and keeping it going is a great way to set your children up for success and to help them confidently handle and understand their finances.

CREATE A BUDGET WITH YOUR CHILD

Once your child starts managing their own money – whether they get an allowance, money for their birthday or income from a part-time job – it's a good idea to create a budget together so that they can begin learning how to be a smart money-manager.

IDENTIFY INCOME AND DEDUCT EXPENSES

To create the budget, start with your child's income: employment, allowances, or gifts. Then deduct their expenses. These probably won't be too numerous at this stage – maybe lunch, or a cell phone plan, etc. Beyond that, it comes down to entertainment expenses –

movies, clothing and eating out with friends. It may take some trial and error, not to mention some negotiation, to get to a number that works for the budget and for your family.

ALLOCATE TO SAVINGS

Then, allocate some money to savings so that your child can start to learn the value of setting money aside regularly, rather than spending everything they earn. Identify a goal – something your child really wants – that will require “saving up” in order to buy. This is a great way to teach the value of saving to get something that's truly important.


CONSIDER DONATIONS

Some families also add a line in their child's budget for donations. Together, you can come up with an amount you're both comfortable with.

Once the budget is set, let your child manage their money fairly independently, at least



to start. Kids may make mistakes, such as blowing their money on something less meaningful instead of contributing to their savings goal, but these are lessons they learn as they go.

If you need some help getting started, your advisor can assist and there are some simple online budgeting and saving tools that you can use to get your child's money management skills off to a strong start. 

Jennifer Taylor, CFP®, PFP, Financial Planner, RBC Royal Bank

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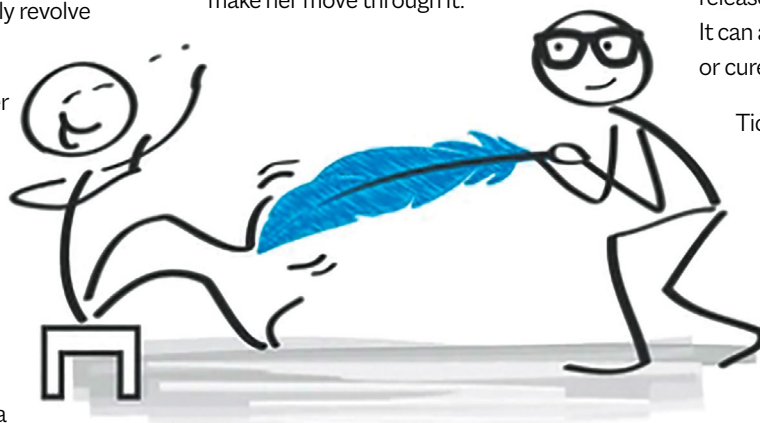
A TICKLE A DAY

I had a love-hate relationship with tickles growing up. My father used to tickle torture me until it hurt from laughing. The tickle fights would always end with my father winning, as it progressed to a whisker rub, which hurt yet tickled simultaneously. Every time I would initiate a tickle fight with our dad, he would complain that it was his sore foot, and when we moved to the other, he would reply “that’s my other sore foot,” right before he pounced. A lot of memories in our family revolve around tickling.

My daughter’s first smile after she was born was from a tickle under the chin. The first book my mother bought her grand-daughter was the Tickle Monster by Josie Bissett. It was an interactive story that came with a pair of tickle monster mitts. It’s still a family favourite bed time story. The tradition continues today,

as tickling still plays a big role in our home. My daughter and I torture each other with tickles to the point where it feels we will rip at the seams from laughing. It creates incredible and instantaneous responses.

When my daughter won’t crawl out of bed in the morning, the fastest way to get her up to start her day smiling is to tickle her. If she’s feeling sad or anxious, I tickle her to make her move through it.



When we’re in a hurry and she’s moving slow as molasses, I tickle her to get her feet moving.

Tickling has become a favourite tool in my parenting toolbox. Not only does it act as a distraction when emotions are high, but it’s a boredom killer. The stimulation of tickling has been clinically proven to improve emotional and physical well-being, while progressing child development. It’s an incredible stress release, reducing anxiety through laughter. It can also be a fun way to burn a few calories or cure the hiccups.

Tickling builds long-lasting connections with your child. It builds memories that your children will carry for a lifetime. Tickle monster mitts are one of the most direct ways to your child’s heart. So go ahead, tickle today to keep the blues away.

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

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FUR-SIBLING RIVALRY: ADDING A SECOND CAT TO THE HOME

It was a cold winter night when Sam, the handsome stray tabby cat, showed up on my doorstep. The snowflakes hung on his whiskers as I watched his silent cries through the glass door. That marked the first night of many that he spent in my spare bedroom. I was determined to make a housecat out of Sam, but my current cat, a long-haired tortie named Anya, had other plans.

It can be difficult to introduce two adult cats from outside each other's family group, even if they've happily cohabited with other cats before, so we started out slowly. Sam stayed in the spare room, and I swapped out his blankets for Anya's. However, Anya would hiss at Sam's blanket and would not accept her favourite treats or toys when near it.

A few weeks after I started using a pheromone plug-in specifically designed for multi-cat households, Anya started accepting treats near Sam's bedroom. However, she would still try to pick a fight under the door occasionally, despite being half the size of Sam and made of 95% fur.

Throughout this whole time, I tried to find a home for Sam, but I secretly hoped that eventually they would be comfortable enough to

meet in short periods through a baby gate. Then, I pictured intervals of supervised play, and eventually, they'd snuggle me to sleep every night.

While some adult cats may eventually accept other adults, it can be a highly stressful transition so a gradual approach is always best. Additionally, adding another cat to the house can compromise their health. Anyone considering getting a second cat should involve their veterinary team to help manage the risks, ensure all vaccines are up-to-date, and for guidance on controlling stress.

Winter eventually turned to spring, and Anya had not made much progress.

Despite putting in weeks or months, many cats, like Anya, will never be fully comfortable sharing their home. Fortunately, their social, physical, and emotional needs can all be met by the human members of their family!

Sam has since found a very loving home where he is spoiled by the mama he was meant to find, and Anya is living a much better life as an only child. In the end, both cats are happiest, and although Sam doesn't snuggle with us every night like I imagined, I can sleep better knowing they're both living the life they deserve! 🐾



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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SPIRALIZE YOUR WAY TO EASY, HEALTHY DINNERS!

Our new favorite dinner was inspired by my new favorite kitchen tool - the spiralizer. I don't know how it took me so long to finally break this baby in - it's amazing!

I felt like pasta (let's be honest, I always want pasta!) Who's with me? I see those hands!! I give you pasta with a veggie flair. I swear you won't know the difference.


I like to start off this meal by making my favourite sauce for pasta - pesto! This week, I bought some fresh Parmigiano and chopped down what was left of my basil to make homemade pesto.

In a small processor, I threw in:

- about 4 cups basil
- 4 cloves garlic
- 1/4 cup pine nuts
- 3/4 cup grated Parmigiano
- 1/2 cup of good EVOO
- some salt

Presto, you have pesto!

Next was my pasta. I took a few zucchinis to my spiralizer and was amazed at what came out. I threw some pesto in a pan with my zucchini and heated it all up. Throw in some frozen meatballs for some protein and you've got a gourmet dinner in no time. It's THAT easy folks!

Yours in good food and good health! 



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

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CLUBFOOT - WHEN SHOULD YOU SEEK MEDICAL HELP?

Clubfoot is a common deformity where a baby's foot appears twisted in and pointing down. This is usually an isolated foot deformity in an otherwise healthy infant, with approximately 50% of cases affecting both feet. The underlying mechanism involves a muscle and connective tissue imbalance in the leg, resulting in joint contractures and malalignment. Early intervention is necessary as it will not resolve on its own.

Treatment for clubfoot consists of two phases:

Ponseti serial casting uses gentle stretching, tissue manipulation and long-leg casting to re-align the foot. This "Corrective Phase" is a gradual process beginning shortly after birth over six to eight weeks. After casting, 90% of cases require a minor procedure (Achilles Tenotomy), where they cut the heel cord to lengthen the tendon. The final cast remains


on for two to three weeks, allowing the Achilles tendon to regrow to a proper, longer length allowing the clubfoot deformity to correct.

Orthotic bracing: Even after a successful Corrective Phase, the deformity has a natural tendency to recur as the child grows. Therefore the child enters a "Maintenance Phase" and uses "boots and bars" for up to five years. Special shoes are attached to a metal bar, which maintain the corrected position. Initially the device is worn 23 hours a day for three months, followed by naps and nighttime (12 hours) for two to five years. The devices do not hurt or bother the child and most adapt quickly. While it may take them a little longer to learn, children wearing this brace are able to sit, crawl and walk just like other children their age.

Children with corrected clubfoot lead normal lives. As the child grows, we recommend



regular check-ups to monitor development. Children may require exercises to help strengthen and lengthen the muscles and tendons of the affected leg or they may require additional orthotics to support the foot, optimize alignment and accommodate the leg-length difference.

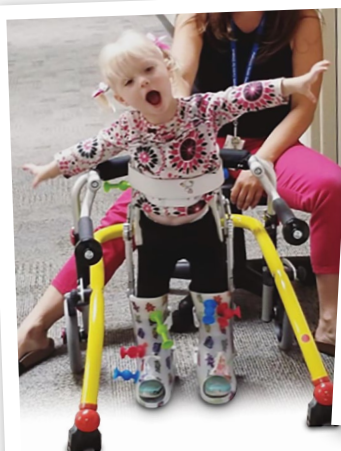
As always, if you have any questions or concerns about your child's foot presentation, do not hesitate to reach out to our office. Book your complimentary consultation with one of our orthotists! 

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PEOPLE PLEASING IS OUT. AUTHENTICITY IS IN.

Try to please everybody and you'll end up pleasing nobody. Not only that, but you'll end up deeply unhappy in the process. There's a huge misconception that trying to please people means you're a "good person". The reality is that if you're trying to please everyone, you're not living true to yourself, your values or forming genuine relationships with people.

Picture this. You get to be your most authentic self while being surrounded by people who would never want you to be anything other than that. Imagine how free you'd feel. What a beautiful thing!

I recently heard one of my favourite speakers, Trent Shelton, say that he isn't loyal to people, but instead he is loyal to his values, and by having that approach he in turn attracts people into his life who share similar values. That

really hit home with me because it's the way I've been living my life for the past decade and it has had a significant impact on my overall happiness and quality of life.

It's a natural instinct as humans that we crave connections with other humans. True connection doesn't happen when we're easily bending our beliefs and values to try and fit into everyone else's expectations. True connection only happens when we feel loved



and accepted as we are. I challenge you to look closely and ask yourself who you've been bending your personal values for? Who are you sacrificing your own happiness for? Do you even know your values?

Perhaps some deep reflection and soul searching is in order. If you value integrity and someone you hang out with is constantly doing questionable things, you're naturally going to feel uncomfortable around them. If kindness ranks high on your values and someone in your life is constantly rude or mean, how the heck do you expect to feel great in that relationship?

Be honest with yourself. Are you a people pleaser? How can you start being more authentic today? Live true to yourself first and foremost and watch your life change! 🌟

*Rebecca Hamilton,
Owner, Chick Boss Cake*

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