

# THE MOM & CAREGIVER™

AUGUST 2022  
VOLUME 24 ISSUE 8

www.themomandcaregiver.com

**CAN FOOD AFFECT  
YOUR MENTAL  
HEALTH?** 7

**KEEP YOUR KIDS  
HYDRATED!** 14

**50 FREE THINGS  
TO DO BEFORE  
YOU'RE 12** 17

**LET ME  
HEAR YOU  
ROAR!**

FOLLOW US





# Jordan's



# Run The Runway

Presented by

**SISKINDS** | The law firm

Help send kids  
to YMCA Camp Queen  
Elizabeth!



## LONDON'S FASTEST 5K!

AUGUST 27, 2022

[runtherunway.ca](http://runtherunway.ca)



Run...



Walk...



Roll...



or Pole!



VAN SIMPSON PORTFOLIO MANAGEMENT  
ScotiaMcLeod, a division of Scotia Capital Inc.

 Scotia Wealth Management™



EDITORIAL Summer is for Playing! 04

05 EVENTS CALENDAR August

SPECIAL FEATURE The Love Deep Within 06

07 AS THEY GROW Does Food Affect Your Mental Health?

NEXT STAGE Health Literacy for Children 08

09 WE ALL BELONG Have You Ever Run on a Runway?

DON'T GET LEFT IN THE SHADE Get a Good Night's Sleep! 10

11 SPEAKING OF... Reading! (Chapter One)

KID ZONE There's No Food Like Camp Food 12

13 FRANKLY FATHERHOOD Liar Liar!

FOOD FOR THOUGHT Keep Your Kids Hydrated! 14

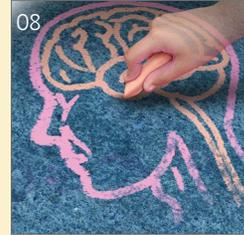
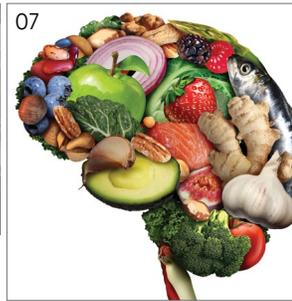
16 BIZ SHOWCASE Grand Theatre

SPECIAL FEATURE 50 Free Things to Do Before You're 12 17

20 SUMMER RECIPE Chocolate Chip, Blueberry & Peanut Butter Chip Banana Bread

ONE STEP AT A TIME It's SMA Awareness Month 21

22 PET FRIENDLY Caring for Cats after Children



# ON THE COVER

The soundtrack for *Solace's* shoot was Ukhwehuwe songs and the shaking of his rattles. We were honoured to hear his moms speak about their beautiful family, and we know you're going to do big things in life, Solace!

Photographer One-12 Photography  
Photostylists Sabina Manji  
Melissa Warkentini

Publisher/Chief Editor Sabina Manji  
Assistant & Copy Editor Melissa Warkentini  
Graphic Designer Vlado Bali

If you have any comments or suggestions, please contact us at 519.495.7316 or at [editor@themomandcaregiver.com](mailto:editor@themomandcaregiver.com). For sales contact [sales@themomandcaregiver.com](mailto:sales@themomandcaregiver.com)

THE MOM & CAREGIVER is published by Anibas Productions Limited, Publications Mail, Agreement Number 40834037 PO Box 29118, London, ON N6K 4L9 - [www.themomandcaregiver.com](http://www.themomandcaregiver.com)

THE MOM & CAREGIVER is distributed FREE of charge. Anibas Productions Limited welcomes unsolicited contributions. Such material, if published, may be edited. Although Anibas Productions Limited cannot pay contributors, recognition will be given to the contributor. Anibas Productions Limited reserves the right to refuse any contributions or ads. Anibas Productions Limited cannot accept responsibility, in any way, for dissatisfaction or damages incurred by advertisers or their clients. Advertising rates and circulation information is available on request.



# SUMMER IS FOR PLAYING

Do you remember the summers of our childhoods? Many of us played with whoever was in our neighbourhood, finding sticks and stones to make up games, staying out until dusk when our parents called us in for supper or bedtime. Unfortunately, our kids are not growing up in the same way. I know, I know - a lot of that has to do with the very important safety of our children. But our kids are missing out on the fresh air, exercise and creativity of these times.

Our assistant editor, Melissa, recently told me of a book she read called *Child's Play* by Silken Laumann (Canada's three time Olympic medalist in rowing). It talks about rediscovering the joy of play in our families and in our communities. It inspired Melissa's article "50 Free Things to Do Before You're 12". We challenge you to get out there with your kids to try running through a sprinkler, rolling down a huge hill or finding shapes in the clouds, amongst many other fun and crazy activities. Find them all on page 17.

If you're looking for other ideas to fill your August, look no further than the rest of our beautiful issue. Cross something off your "I never thought I'd do that" list by running the runway at the London International Airport to raise funds for YMCA camp (find full details on page 9). Gather the family to cook over a fire - visit our Kid Zone (p. 12) to get camping recipes for trail mixes, S'mores and "leather chili". Or make summer hydration fun with berry water and smoothie popsicles (more thirst quenchers are on page 14).

Lastly, don't miss a very important article from our cover kid's mom. She tells us that Solace's home with his mothers and siblings is "built on a strong foundation, enriched with our Oneida Language and Haudenosaunee teachings." Read more on page 6 to be inspired by the strong role women play in their lives and to learn how love should be "so honest and true".

Happy August to all and to all a safe summer!

*Sabina*

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



*Children don't say "I had a hard day. Can we talk?"  
They say "Will you play with me?"*  
- Lawrence Cohen



# 2022 EVENTS

# August

Happy Long Weekend!

01<sup>ST</sup>

Early Years Play Dates, London Children's Museum, [www.londonchildrensmuseum.ca/calendar/events/early-years-play-dates-0](http://www.londonchildrensmuseum.ca/calendar/events/early-years-play-dates-0)

World in a Weekend, Stratford

[www.springworksfestival.ca/puppetworks-2022-show-calendar](http://www.springworksfestival.ca/puppetworks-2022-show-calendar)

04<sup>TH</sup> - 07<sup>TH</sup>

Summertime is for Painting with... Water, [www.themomandcaregiver.com/life-is-a-great-big-canvas/](http://www.themomandcaregiver.com/life-is-a-great-big-canvas/)

Disney's Frozen Jr., Huron County Playhouse, [www.draytonentertainment.com/](http://www.draytonentertainment.com/)

11<sup>TH</sup>

Bike Rodeo, Dundas Street between Adelaide and Ontario, [www.facebook.com/DIGOEVLdn](http://www.facebook.com/DIGOEVLdn)

Summer Art Camp, For the Love of Art, [www.ftla.ca/](http://www.ftla.ca/)

15<sup>TH</sup>

Hit the Beach! [www.themomandcaregiver.com/beach-games-activities-and-crafts-that-dont-cost-a-cent/](http://www.themomandcaregiver.com/beach-games-activities-and-crafts-that-dont-cost-a-cent/)

WWE Sunday Stunner, Budweiser Gardens, [www.budweisergardens.com/events/detail/wwe-sunday-stunner](http://www.budweisergardens.com/events/detail/wwe-sunday-stunner)

21<sup>ST</sup>

TD Free Family Fun Night, London Children's Museum, [www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca)

Heritage Scavenger Hunt, Museum of Ontario Archaeology, [www.archaeologymuseum.ca/visit-us/events/](http://www.archaeologymuseum.ca/visit-us/events/)

26<sup>TH</sup>

Jordan's Run the Runway, London International Airport, [www.ymcaswo.ca/jordans-run-runway-2022](http://www.ymcaswo.ca/jordans-run-runway-2022)

27<sup>TH</sup>

28<sup>TH</sup>

## LONDON FRENCH DAY CARE

HOME CHILD CARE AGENCY

Our home child care providers have a sweet secret to share with you: Children love helping in the kitchen. Try this classic recipe with them.

### HOMEMADE POPSICLES

You will need:

- Fruit juice or fruit flavored drink
- Ice cube trays or small plastic glasses
- Wood craft sticks

Pour liquid in ice cube trays or small plastic glasses. Put a stick in each cube/glass. Place in freezer for 12 to 24 hours. Remove from freezer and serve as a treat on a hot day. Children will enjoy every minute of this activity!

Do you love caring for children? Do you speak French or English? If so, find out if a rewarding career in home child care and early learning is for you. For a free consultation, contact:

London French Day Care - Home Child Care Agency

T 519-439-5192

W [www.londonfrenchdaycare.ca](http://www.londonfrenchdaycare.ca)

E [Info@londonfrenchdaycare.ca](mailto:Info@londonfrenchdaycare.ca)



For More Details and Events Visit



# THE LOVE DEEP WITHIN YOU

Solace is being raised in a loving home with his four other siblings and two Mothers, myself (Milana), and their Mother, Brooke. It is a home that is built on a strong foundation, enriched with our Oneida Language and Haudenosaunee teachings.

Being Ukwehuwe women, we are raised with important responsibilities, but the most important one that we were ever given was to give life. This means to grow our clan families, to nurture, love and teach our children how to live life with a peaceful mind and heart, and to show our children how to be self-sufficient and lead a healthy lifestyle. In our way all women play a role, as mothers, grandmothers and aunties to all children, whether they've physically given birth or not. It takes a village to raise a child, and they are all loved the same. Our family has been blessed to have had the opportunity to extend our love and care for three other beautiful children so far and we will continue to help in bringing our children home.

Raising our children in a home with two Mothers has been an honor. We are breaking colonial habits and beliefs, reclaiming our true identities and living by our original instruction. We are relearning love as we used to know and understand it. We are making sure our children get to feel what it's like to be loved and nurtured before the effects of Residential School.

Before the impacts of colonization, our people knew a love so honest and true. There was no shame in who you loved. There were no bounds. We knew how to embrace one another. We really saw each other. But today some people shame it, simply because they don't understand it. Solace and our four other beautiful children know a love so deep, so pure and true, that they understand who they truly are and what their purpose is here on earth. I hope that they will continue to live in the truest form of love with themselves and others as we did pre-colonially, because love is the answer to all and it radiates in all of

creation. If you can find and truly understand the love deep within you, then you've found your place in the world. I am so very thankful our children know theirs. 🙏

*Yaw^ko (Thank You)*

*Milana Paulson,  
Mother of Solace,  
this month's cover kid*



# DOES FOOD AFFECT YOUR MENTAL HEALTH?

Food can affect not only your body but also your mind. Nutrition is being studied as a very important player in the treatment of anxiety, depression and mood disorders. It is likely that poor diet quality predisposes people to mental illness. We are learning that a healthy gut is associated with a healthy brain. Choosing some foods and strategies at meal time can help you and your children achieve optimal mental well-being.

Getting to know which foods and nutrients are good for mental health is a good way for adults to offer their children the best choices possible. Remember it is your role to plan the menu and offer a variety of foods, but it is best to allow the child to decide if or how much of that food they will try and not try.

It is so important as a parent not to attach moral value to foods. Avoid labelling foods as good, bad, healthy or unhealthy. Food is for enjoyment and children should be free to follow their internal cues of hunger and fullness and explore food with all of their senses. Adding pressure and expectations on our children to eat certain foods can cause undue stress.

*Submitted by Ginette Blake BAsc RD  
(Registered Dietitian),  
Middlesex-London Health Unit*

## FOR MORE INFORMATION:

[www.unlockfood.ca/en/Articles/Mental-Health/Mental-Health-FAQs.aspx](http://www.unlockfood.ca/en/Articles/Mental-Health/Mental-Health-FAQs.aspx)  
[www.unlockfood.ca/en/Articles/Alcohol-and-smoking/Healthy-Habits-to-Cope-with-Stress.aspx](http://www.unlockfood.ca/en/Articles/Alcohol-and-smoking/Healthy-Habits-to-Cope-with-Stress.aspx)  
[www.camh.ca/en/camh-news-and-stories/the-emerging-link-between-food-and-mental-health](http://www.camh.ca/en/camh-news-and-stories/the-emerging-link-between-food-and-mental-health)  
[www.cdhf.ca/health-lifestyle/mental-health-and-nutrition/](http://www.cdhf.ca/health-lifestyle/mental-health-and-nutrition/)

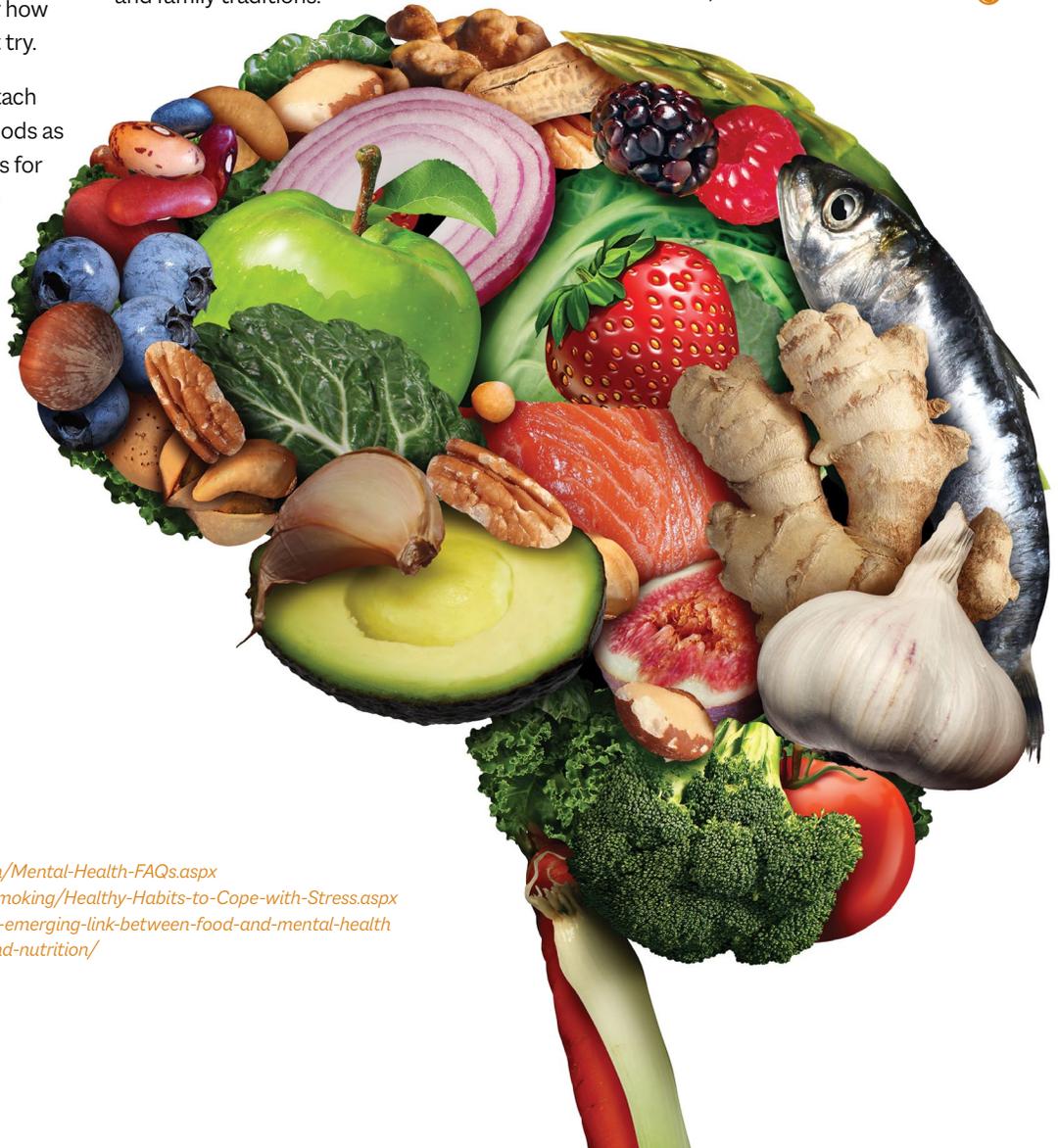
## TIPS FOR STRESS-FREE MEALS:

- Ensure that you enjoy meals together as a family.
- Be a role model but not a cheerleader at meal and snack time.
- Healthy conversations around food include very simple facts and questions about their sensory qualities or origin (e.g. carrots are crunchy, oranges are juicy, bananas grow on trees, these are the tomatoes we bought at the farm).
- Include your children in age appropriate meal preparation activities.
- Include foods that highlight your culture and family traditions.

*Try including the following foods in your family's menu:*

- Whole grains and complex carbohydrates like whole grain bread, pasta, cereal and crackers, brown rice, quinoa, potatoes, sweet potatoes and squash.
- Healthy fats like olive oil, canola oil, avocado, a variety of nuts, seeds, nut and seed butters.
- Fresh or frozen vegetables and fruit at most meals, especially dark green and orange.
- Protein-rich foods such as eggs, beans, lentils, fish, seafood, milk, yogurt, chicken, meat and wild game.
- Offer water and milk as primary drinks.

Limit deep fried or processed foods and sugary foods and beverages. These foods are poor quality and linked to increased risk of mental illness, as well as other diseases. 🍷



# HEALTH LITERACY FOR CHILDREN

August is the month that the freedom of being off of school loses its novelty. It becomes the domain of “I’m bored!” and “What do I do now?”

I have a small proposal. Why not use that time to improve the health literacy of your child? Health literacy is defined as the ability to find, understand and use information and services to inform health related decisions and actions for yourself and others.

Over the many years that I have been practising family medicine, I have come to appreciate more and more that knowledge is power. Those who understand their bodies and how to cope with illness fare much better than those who relinquish that power to their health care provider.

Having some basic health literacy helps both children and adults take charge when

faced with illness. Moreover, an understanding of one’s own reproductive health means that we can take preventive measure to lessen the risk of disease. For our daughters, having the language to understand contraception and sexual violence empowers them to avoid high risk situations.

The CDC (Centres for Disease Control) has an excellent curriculum to help young people learn to understand and to use information around their health. They have compiled a list of resources divided by age to address certain areas of health awareness. For the pre-K crowd, *Ray and the Sunbeatables* from MD Anderson Cancer Centre in Texas is a great resource to learn about skin cancer prevention.

For elementary school, they recommend the American Public Health Association’s ECO Bookworms book club that suggests books about health and climate change. The CDC also has free downloadable books under the banner “Eagle Books K-4” that teach healthy living and diabetes prevention. There is an Eagle Books extension for students from grade 5 to 8 too.

The various resources are listed on the CDC website at [cdc.gov/healthliteracy](https://www.cdc.gov/healthliteracy).

August is a good time for the lazy, hazy days of summer but when boredom arises, sitting with your child to explore this area will have great payoffs in the end. 🧐

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

# HAVE YOU EVER RUN ON A RUNWAY?

Jordan's Run the Runway' returns August 27<sup>TH</sup> to the London International Airport and it's the only 5k run/walk of its kind in the area! Participants of all ages are invited to run, walk, or pole on the actual tarmac. Funds raised from the event will ensure that every child, regardless of their ability to pay, has the opportunity to attend YMCA Camp Queen Elizabeth (CQE). Camps inspire the leaders of tomorrow and kids who attend camp report improved social skills and a higher sense of happiness too!

This very special event began nine years ago and was inspired by Jordan Strickland who was a beloved member of the YMCA Camp Queen Elizabeth family. Jordan loved new adventures and he was not afraid to try anything. One of the things he loved most in life was going to CQE on Beausoleil Island, where he attended many summers as a camper, and nine years as a volunteer counsellor.

The terrain of CQE is not what would be considered easy to traverse and was a challenge to Jordan's mobility. Despite these challenges, he always managed to get anywhere he needed to with the support of the many amazing campers and staff there. It is doubtful that he missed any opportunities to attend CQE and his enthusiasm was contagious! Rock climbing, canoeing, kayaking, hiking, swimming ...

Jordan looked forward to, and was a part of, it all. Because of the Y and CQE's inclusive philosophy, Jordan and others who may have physical or

other challenges have always been welcomed to share the same camp experiences as any other kid, with whatever support it takes to make that happen.

This event will continue to be a part of Jordan's story for many years to come. Hope to see you on the runway! Learn more at [www.ymcaswo.ca/jordans-run-runway](http://www.ymcaswo.ca/jordans-run-runway)



YMCA of Southwestern Ontario  
[ymcaswo.ca](http://ymcaswo.ca)

SCHOOL STARTS SEPTEMBER 6<sup>TH</sup>

## PROVIDENCE, YOUR ALLY IN EDUCATION

**Our schools offer your child everything it takes to succeed**

- ✓ Superior academic results
- ✓ Highest graduation rates
- ✓ Excellent quality of teaching
- ✓ High-level bilingualism
- ✓ Personalized homework assistance

**REGISTER ONLINE AT ANY TIME**

**[MyFrenchSchool.ca](http://MyFrenchSchool.ca)**

**Providence**  
CONSEIL SCOLAIRE  
CATHOLIQUE

**FRÈRE-ANDRÉ**  
400 Base Line West, London  
519-471-6680

**SAINTE-JEANNE-D'ARC**  
35 Fallons Lane, London  
519-457-3141

**SAINT-JEAN-DE-BRÉBEUF**  
270 Chelton, London  
519-963-1219

**SAINTE-MARGUERITE-BOURGOYS**  
700 Bristol, Woodstock  
519-539-2911

# GET A GOOD NIGHT'S SLEEP!

A good night's sleep can be as elusive as the Loch Ness Monster at times in our lives. But according to Dr. Rajkumar Dasgupta of USC Keck School of Medicine, "Sufficient sleep is one of the three pillars of a healthy lifestyle along with nutrition and regular exercise."

Here are a few tips to help achieve a restful, good night's sleep:

**1 FOLLOW A ROUTINE.** Just as we try to keep our kids on a good sleep routine, it is also just as important for adults. Aim to go to bed and wake up at the same time daily, including weekends.

**2 CREATE A SLEEP FRIENDLY ENVIRONMENT.** Completely dark and quiet, cool (65-70 degrees F is considered ideal) and turned off cell phones/electronics is best.

**3 AVOID HEAVY MEALS,** especially extra carbs before bedtime.

**4 LIMIT YOUR NICOTINE AND CAFFEINE,** period.

**5 GET REGULAR EXERCISE.** However, vigorous exercise late in the evening can be a stimulant and make it more difficult to settle in.

**6 JOURNAL.** Making a list of things for tomorrow allows your brain to "dump" it onto paper rather than worrying and planning in the middle of the night.

**7 A GOOD MATTRESS WILL ALLOW A COMFORTABLE, RESTFUL SLEEP.**

The average mattress has a life span of eight years. Maybe time for a new one? Try it out in person. Lay on it for a few minutes in your sleep position(s). Pick a company that allows at least a ninety day trial period and be aware of the return policy. Ask friends and family for recommendations.

**8** Choose a sleeping pillow that is the best product to **FIT YOUR BUDGET AND NEEDS,** keeping your spine in alignment

regardless of your preferred sleeping position and offering good support.

*The average life span of a pillow is approximately 18 months.*

**9** Sheets in a crisp percale, smooth sateen, textured linen or bamboo blends are best for warm sleepers. These fabrics are absorbent and feel cool to the skin. For cool sleepers, cozy flannel or soft jersey is cuddly and warm. **CHOOSE YOUR COMFORTER OR DUVET WEIGHT BASED UPON YOUR SLEEP PATTERNS.** Weight density is the key. Sleep tight! ☺



Janice Brock,  
Owner, Custom Covers and Custom Shades

Her curiosity:  
limitless.  
Your window  
fashions:  
cordless.

Discover innovative window fashions from Hunter Douglas that enhance safety at the window. Ask today about a wide array of cordless operating systems including the ultimate in operating convenience, PowerView® Automation.



HunterDouglas

Duette® honeycomb shades

**CUSTOM COVERS**  
we bring our store to your door

**CUSTOM COVERS FOR HOME & OFFICE**  
415 Main St., Exeter, ON N0M 1S7  
519-235-2444  
experts@customcoversontario.ca  
www.customcoversontario.ca

**CUSTOM SHADES OF LONDON**  
1422 Fanshawe Park Rd W., Unit 3A  
London, ON N6G 0A4  
519-601-4443  
www.customshadesoflondon.ca

**CustomShades**  
of London

# READING! (CHAPTER ONE)

It's summer! Fun is in the air and the smiles are ear to ear. As they should be!

For our children, specifically the littlest ones, every summer day should be easy like Sunday morning. While reading - or any other "schoolish" activity - may not be easy or naturally enjoyable for all little ones, the way in which we go about introducing them to reading CAN be easy like Sunday morning.

An interest or curiosity in reading is the first thing that needs to develop on the journey to full literacy. Babies should be introduced to books as early as birth. Of course, we're not teaching them to read then, but the warmth of dad's embrace, the melodious voicing as he reads, and the high-contrast images printed on the books he's showing baby develop a positive association with reading and books in general. And there's your start.

Once that basic interest is established and language comprehension develops further,

books become accessible and repetitive sources of both linguistic information and speech sound patterns that are interesting, repetitive and necessary for both reading and speech development. What's happening at an astounding rate in the brain is something called "synaptic pruning", which is essentially the strengthening of neural pathways based on exposure. So, the more a child hears various speech sounds and patterns represented in books, the more established their neural pathways become and the more attuned they are to the speech sounds of their language. This skill is called "phonological awareness" and is an absolutely necessary foundation for later reading skills (and for speech skills, as well).

We certainly don't want reading to be a chore.

Summer is a great opportunity to read without "working" on reading. Read Dr. Seuss around the campfire. Sing along from a book of nursery rhymes. Grab a Stephen King book. Um, not to read to the kids, but for you to enjoy on an easy Sunday morning. Because kids also learn by watching: if they see dad enjoying a book, there must be something about those weird squiggly lines on that page! 📖



Mohamed (Mo) Oshalla, MHSc.,  
Speech-Language Pathologist & Executive  
Director, Ontario Speech & Language Services



*The ability to communicate  
is to be valued*

- No wait times
- Covered by most extended health benefits
- Flexible appointment times
- Services for all ages

London  St. Thomas  Sarnia  Goderich  
519-680-3770 [www.ontariospeech.ca](http://www.ontariospeech.ca)

# THERE'S NO FOOD LIKE CAMP FOOD

## WHAT ARE YOUR FAVOURITE THINGS TO COOK OVER A CAMPFIRE?

**Charlie** - My favourite things to cook over a campfire are hotdogs, marshmallows and hamburgers. I love how crisp they get cooking on the open fire.

**Harrison** - I love big breakfasts when we're camping. We make Egg McMuffins in muffin tins with round sausages, cheese and hot sauce.

## WHAT IS YOUR FAMILY'S BEST CAMPING RECIPE?

**Charlie** - When we go camping on long canoe trips we have to dehydrate our food before we leave to make it lighter to carry in our backpacks and food barrel. We often go camping in a big group so each family is responsible for a couple big dinners, lunch and breakfast. That means you have to make enough for 15-20 people. My favourite dinner is Smoked Chicken over Quinoa with Homemade Mango Pineapple Salsa. We make food that is full of nutrients because we canoe and portage everyday.

**Harrison** - My camping fave is chili. We spend a lot of time making the chili and then dehydrating it until it looks like strips of leather. We always cook and dehydrate the meat separately because we have some vegetarians

in the family. I have learned how to keep cheese fresh on a camping trip by keeping it in vinegar and cheese cloth so we always have fresh cheese for the garlic bread. It's fun rehydrating the food because you add water and shake it all day.

## WHAT IS YOUR BEST RECIPE FOR TRAIL MIX?

**Charlie** - We eat a lot of trail mix but it is heavy to carry! My favourite is dried cranberries, yogurt chips, sunflower seeds, candied peanuts, pumpkin seeds and peanut M&Ms.

**Harrison** - We also make a candy mix that is kinda like trail mix but straight up sugar treats. It's so NOT good for you! We mix Blue Sharks, Cherry Bombs, Fuzzy Peaches, Gummy Worms, Hot Lips, Coke Bottles and Big Feet.

## WHAT IS YOUR FAVOURITE UNIQUE THING TO ADD TO A S'MORE?

**Charlie** - S'mores are great the normal way but my favourite is adding Skor or Mint Aero bars instead.

**Harrison** - I love to add Caramilk as my regular chocolate in s'mores. Snickers and Mars bars work well too!



COOKING OUTDOORS

Happy Camping! 🍷

Meet 11 year-old twins, Charlie and Harrison, our Kid Zone writers! Each month, they'll be sharing perspectives on life as a child sees it.

# LIAR LIAR!



**W**e caught my son in a big lie. It was such an unfathomable lie that we felt uncomfortable even bringing it up. But there I was, feeling my face getting hot, trying my best to stay calm, and saying through clenched teeth for the third time, “Are you sure there isn’t anything else you need to tell me?”

I know my son is a good kid and for the most part quite truthful, so it was difficult for me to understand why he was so stuck in this moment. My husband and I approached the issue calmly (despite my heated instincts) and we gave him several opportunities to tell the truth. We explained that everyone makes mistakes – even big ones – and how much we value honesty above all else. We reminded him how actions have consequences and that the consequences will always be more severe if lying is involved. I was really hoping my son would come clean so we could deal with the problem and move on.

But there he was, bold-face lying to us, with his fists tightened, his voice raised, and tears flowing down his face. We all knew he was lying – even HE knew – yet he stuck to his story, insistent that he was telling the truth. He was so convincing that for a moment, we really wanted to believe him.

The stalemate was broken with an early bedtime and time to think – for all of us. He went to bed sobbing, and we sat on the couch confused by the confrontation. Both the lying and the deed were very much out of character for him. Did he fear the consequences of his actions so much that he just blocked it out of his mind? Did guilt consume him to the point of denial? Did we miss a crucial parenting window on truth telling? Will he need therapy after this? Will WE? We were so perplexed by it all and were unsure of what to do next.

Early the next morning, my puffy-eyed son came into our bedroom and confessed to it all. He tried to explain why he lied, but couldn’t, saying only that he didn’t know how to stop himself. We didn’t press further, hugged him tight, and just thanked him for his honesty. We came up with an appropriate consequence together and put it all behind us.

As I reflect on this, I think my own need to resolve and move on quickly may have clouded my judgement. My son really needed the extra time to process the situation and review the emotionally heavy conversations we had. And we were all able to deal with the issues more rationally the next day. Wait time and thinking time helped us out so I hope to remember this lesson the next time a heated moment bubbles up. 

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





**Maadrn**

# *In a Beautiful World*

Individual actions count, and together we can create a more sustainable and radiant future.



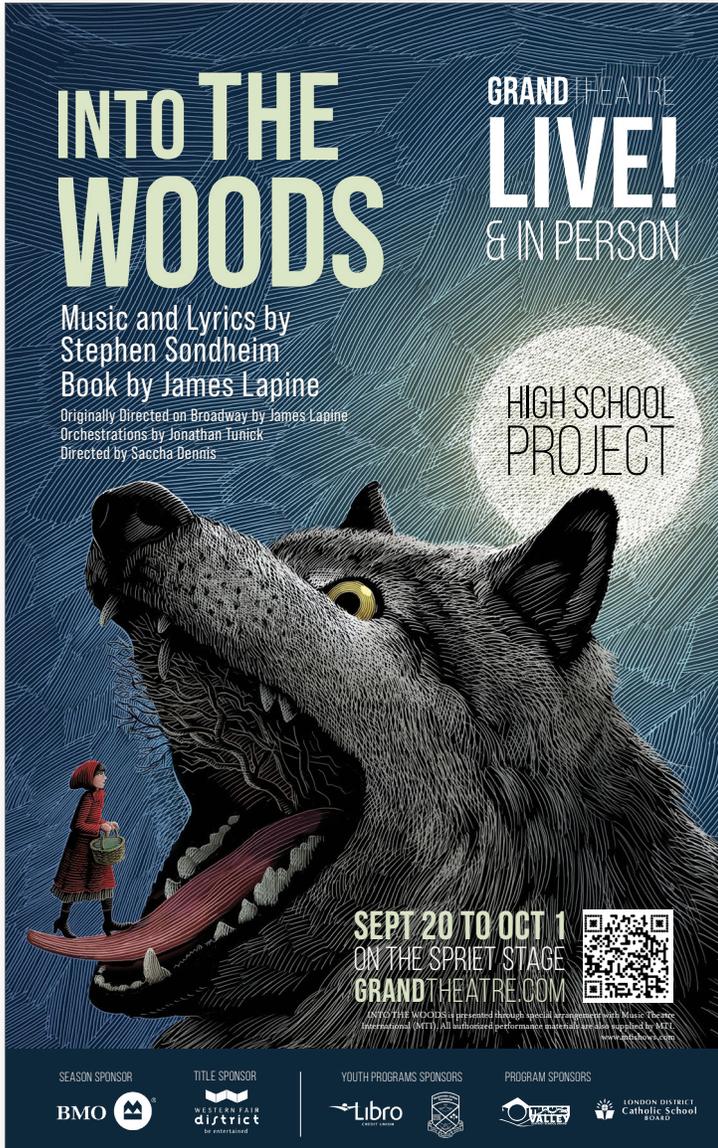
[www.yattabrands.com](http://www.yattabrands.com)



Location: 520 Adelaide Street North, London, ON N6B 3J4

Hours: Tuesday - Friday 10am-5pm Saturday 10am-4pm

# GRAND THEATRE



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. &

This fall, schools aren't the only ones ready to reopen. Fall also marks the opening of the Grand Theatre's new season!

Operating on the traditional lands of the Attawandaron people, in the heart of downtown London, lies the historic Grand Theatre. A leading cultural hub, the Grand is a place for everyone of all ages, stages and backgrounds to gather, celebrate, and be inspired by exceptional theatre experiences. Under the leadership of Artistic Director Dennis Garnhum and Executive Director Evan Klassen, the Grand is building a bold future with daring projects, inspiring programs, and a captivating new direction.

World Curious and London Proud, the Grand is thrilled to bring the world to London by staging diverse and original stories from around the globe, and through collaborations with exceptional national and international performing arts organizations. We are also dedicated to bringing London to the world, with a commitment to staging new and original stories through COMPASS, our new play development program.

An ardent supporter of educational programming, the Grand is known nation-wide for its incomparable offerings and mentorship programs for students - exemplified best by The High School Project (HSP). The only project of its kind in North America, the HSP offers a unique opportunity for students to receive education and hands-on training in the working environment of a professional theatre - provided exclusively by professional artists and coaches in all departments.

To ensure that theatre is accessible at all ages, the Grand proudly offers Student Club. Designed to suit a student budget, Student Club gives high school students a pass to see each show in the Grand's season and participate in AfterWORDS - a guided discussion taking place directly after the show - for only \$96. Subsidies are also available.

Knowing that students bring incredible insights and energy, the Grand is always looking for students to volunteer with us! Our volunteers get great perks, like complimentary theatre tickets, and can also use their time with us towards their school's volunteer hours for graduation.

There has never been a better time to be a student at the Grand Theatre! So, sharpen your pencils, grab your knapsacks, and go back to the Grand this fall!



# 50 FREE THINGS TO DO BEFORE YOU'RE 12

**HOW MANY ITEMS CAN YOUR CHILDREN CROSS OFF THE LIST THIS SUMMER? BETTER YET, HOW MANY CAN THE ADULTS JOIN IN ON? &**

- |  |   |
|--|---|
| <input type="checkbox"/> Blow bubbles                          | <input type="checkbox"/> Finger paint                         |
| <input type="checkbox"/> Make real lemonade                    | <input type="checkbox"/> Try bird watching                    |
| <input type="checkbox"/> Go on a scavenger hunt                | <input type="checkbox"/> Cook over a fire                     |
| <input type="checkbox"/> Take a hike                           | <input type="checkbox"/> Eat breakfast for dinner             |
| <input type="checkbox"/> Play hopscotch                        | <input type="checkbox"/> Go on a picnic                       |
| <input type="checkbox"/> Host a family board game night        | <input type="checkbox"/> Fly kites                            |
| <input type="checkbox"/> Fold a paper airplane                 | <input type="checkbox"/> Write a book using pictures or words |
| <input type="checkbox"/> Ride a bike                           | <input type="checkbox"/> Visit a farmer's market              |
| <input type="checkbox"/> Toss around a Frisbee                 | <input type="checkbox"/> Make a blanket fort                  |
| <input type="checkbox"/> Have a 3-legged race                  | <input type="checkbox"/> Run through a sprinkler              |
| <input type="checkbox"/> Build a sandcastle                    | <input type="checkbox"/> Play croquet                         |
| <input type="checkbox"/> Make (& eat) a cereal necklace        | <input type="checkbox"/> Find a new playground                |
| <input type="checkbox"/> Tour a fire station                   | <input type="checkbox"/> Sleep in a tent                      |
| <input type="checkbox"/> Play Go Fish or Crazy 8s              | <input type="checkbox"/> Make pizza from scratch              |
| <input type="checkbox"/> Roll down a huge hill                 | <input type="checkbox"/> Skip a stone                         |
| <input type="checkbox"/> Run around in the rain                | <input type="checkbox"/> Bury a parent in the sand            |
| <input type="checkbox"/> Watch the sun rise/set                | <input type="checkbox"/> Eat an apple straight from a tree    |
| <input type="checkbox"/> Go on a night time walk               | <input type="checkbox"/> Catch fireflies                      |
| <input type="checkbox"/> Dam a small stream with sticks/stones | <input type="checkbox"/> Swim in a lake                       |
| <input type="checkbox"/> Make s'mores                          | <input type="checkbox"/> Plant, grow & eat an edible plant    |
| <input type="checkbox"/> Play rock/paper/scissors              | <input type="checkbox"/> Find shapes in clouds                |
| <input type="checkbox"/> Have a staring contest                | <input type="checkbox"/> Play dress-up                        |
| <input type="checkbox"/> Thumb wrestle                         | <input type="checkbox"/> Sing around a campfire               |
| <input type="checkbox"/> Build with Legos                      | <input type="checkbox"/> Jump rope                            |
| <input type="checkbox"/> Search for a 4-leaf clover            | <input type="checkbox"/> Wash the car or your bike            |



MELISSA WARKENTIN IS OUR ASSISTANT EDITOR AND MOTHER OF TWO TEENAGE GIRLS WHO STILL LOVE TO PLAY IN THE OUTDOORS EVERY SUMMER.

# WORLD *in a weekend*



## August 4-7, 2022

Join us the weekend of August 4th to 7th for a joyous celebration of puppetry and music! Veterans Drive and various venues in Stratford will be enlivened with concerts, puppet shows and play/creation areas. Free and ticketed interactive events for the entire family.

A PARTNERSHIP OF

STRATFORD  
SUMMER  
MUSIC 22  
Mark Fewer, Artistic Director



Call the box office at 519-271-2101 or visit [www.worldinawekend.ca](http://www.worldinawekend.ca)



# Magical fun

New Stratford puppet & music festival offers magical moments the whole family can enjoy together

See the stilt-walking creatures, take in a free outdoor barge concert, enjoy an al fresco picnic, and bring the whole family to see world-class puppet artists and musicians at the **World in a Weekend Festival**, August 4 - 7 in Stratford.

In addition to many free and ticketed family-friendly events, the festival will also offer playful activity stations for little ones, including DIY facepainting, a ukulele play-along, a sensory playground for toddlers and preschoolers to explore, and much more.

For more information and to purchase tickets, visit [www.worldinaweekend.ca](http://www.worldinaweekend.ca)



# CHOCOLATE CHIP, BLUEBERRY & PEANUT BUTTER CHIP BANANA BREAD

**INGREDIENTS:**

- 1½ cups flour
- 4 over ripe bananas, mashed
- 2 eggs
- 2 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 4/5 cup brown sugar
- 1/2 cup butter
- ¼ cup chocolate chips
- ¼ cup Reese's peanut butter chips
- ¼ cup fresh blueberries
- 8.5" x 4.5" loaf pan, buttered

**METHOD:**

Pre-heat oven to 350F. In a stand mixer, cream together sugar and butter, approximately 4-5 minutes. Add all wet ingredients and combine. Add all dry ingredients and combine. Remove mixer bowl and fold in by hand chocolate chips, peanut butter chips and blueberries. Add to loaf pan and bake for 1 hour or until a toothpick inserted into the middle comes out clean. Allow to rest for 15-20 minutes before slicing and serving. 🍌



Recipe by **Chef Devan Rajkumar**  
 Find more delicious recipes at  
[www.themomandcaregiver.com/  
 category/recipes/](http://www.themomandcaregiver.com/category/recipes/)



**Acres of Flowers,  
 Fresh Food & Family Fun**  
 only minutes from London!



**Kustermans**

**London's Largest Farm Attraction**  
 Pick-Your-Own, Farm Market & Adventure Farm  
 Mount Brydges, ON | 519-264-9199 | Kustermans.ca

**USE CODE: AUG22 for \$1 OFF online tickets!**



**SHOP QUALITY LINGERIE FOR  
 REAL WOMAN OF TODAY!**

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



**My Top Drawer**

fine lingerie swimwear

LONDON. TORONTO. BURLINGTON. NIAGARA FALLS. SIMCOE.



# IT'S SMA AWARENESS MONTH

Spinal muscular atrophy (SMA) is a genetic disorder which affects roughly 1 in 6,000 births. SMA is characterized by a progressive loss of muscle function resulting in weak and/or impaired voluntary muscle movements. Voluntary movements are actions that are made with intent and thoughtful purpose, and include crawling, sitting and walking. There are three subgroups of SMA:

- Type I SMA (Werdnig-Hoffmann Disease): presents itself between three and six months of age. Infants with Type I SMA have weakened respiratory muscles which impacts swallowing. They also have difficulty lifting their head, learning to crawl or sitting up. Life expectancy is less than two years.
- Type II SMA (Dubowitz disease): is diagnosed between seven and 18 months of age. These infants are not able to sit up on their own, but if placed in a sitting position, they can remain upright independently.
- Type III SMA (juvenile SMA or Kugelberg-

Welder SMA): is often diagnosed before the age of three. Individuals with type III SMA are able to stand and walk independently, but may lose the ability as they age.

Both SMA Type II and III are less severe and have normal life expectancy when compared to SMA type I. All three types have decreased bone density with weakened trunk and respiratory muscles, increasing the risk of fractures, dislocations, scoliosis and respiratory infections. Adolescents with SMA often require assistive devices to ambulate and orthotic intervention to prevent the progression of joint and spinal deformities.

At this time, there is no cure for SMA, however there are a variety of interventions available to manage symptoms and improve

quality of life. Whether treatment goals are improving trunk support for static sitting, stabilizing the lower extremity for independent walking or preventing the progression of deformities and contractures, orthotic intervention is an integral part of an SMA treatment plan. One or more of the following may be prescribed: Ankle Foot Orthoses (AFOs), Standing Frames, Knee Orthoses (KOs), Foot Orthotics or a TLSO Body Jacket (Scoliosis orthosis).

If you have any questions about SMA or would like a complimentary consultation with our clinicians, please reach out to our office. There are many ways we can help your children achieve their greatest potential. 🙋

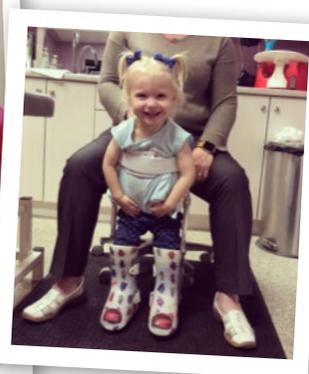
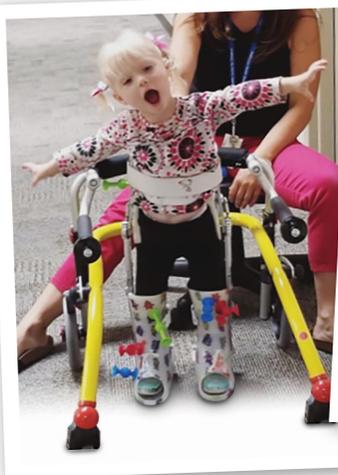


The Custom Orthotics team (519) 850-4721 office@customorthoticsoflondon.com | @cool\_bracing



## CUSTOM ORTHOTICS OF LONDON INC.

**Keeping You Ahead, One Step at a Time since 1987**



At Custom Orthotics of London Inc. we are dedicated to providing our patients with an opportunity to return to their highest level of functionality by developing a treatment plan that meets their unique need.

We believe in earning the trust of our patients, not only by providing the highest quality and leading edge orthotic care, but also by treating each patient and their family with sincere compassion.

📞 (519) 850-4721 [www.customorthoticsoflondon.com](http://www.customorthoticsoflondon.com)

# CARING FOR CATS AFTER CHILDREN

While most cats adapt reasonably well to having children in the home, the lifestyle and attention they've become accustomed to often changes drastically once they're no longer the only "baby" in the house.

Your energy is a limited resource and cats are reasonably independent creatures, so when the kids are pulling you in every direction, it can be tempting to give your cat a little more freedom by letting them roam outside alone. While this certainly helps to prevent obesity and provide mental stimulation, the dangers to kitty are countless.

Instead, keep your cat on-leash or install a "catio" to allow them to have some outdoor enrichment without the dangers posed by wildlife, cars, people, toxic substances and more. By not allowing your cat to free-roam, you can keep them safe and protect your backyard ecosystem, which can be decimated by outdoor cats. Just remember, if your cat spends any time outdoors, it is extra-important to keep their microchip information up-to-date and to talk to your vet about proper parasite prevention.

Many cats do enjoy supervised outdoor time, however, it is possible for cats to thrive with an indoors-only lifestyle too. The key is enrichment, but when your time is limited, there are many activities that are hands-free. Consider a cat dancer to encourage independent play, a slow feeder to make mealtimes more fun, or a bird feeder near a window perch for "Cat TV". It is also critical to give your cat a safe space to retreat, out of reach from children and other pets.

Of course, your kitty will still crave some special time with you. One of the most efficient activities you can work into your daily routine is brushing your cat. Not only is brushing necessary for skin and coat health, but most cats love the scratches and will

often do most of the work! A quick 5-10 minutes of brushing a day also allows you to give your cat a physical once-over. Cats are experts at hiding pain, so some regular one-on-one time is important to help identify abnormalities that they may be concealing, such as mats, cuts, lumps or bad breath.

For many, our cats are our first loves, predating children and spouses. Life can be busy, but let us not forget when building a family, that the cat was very often the first piece. 



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



## PROTECT YOUR DOG'S HEART

Heartworm is a threat from June to November.




+


*Talk to your veterinarian about the best parasite prevention plan for your family.*








# TIME WELL SPENT

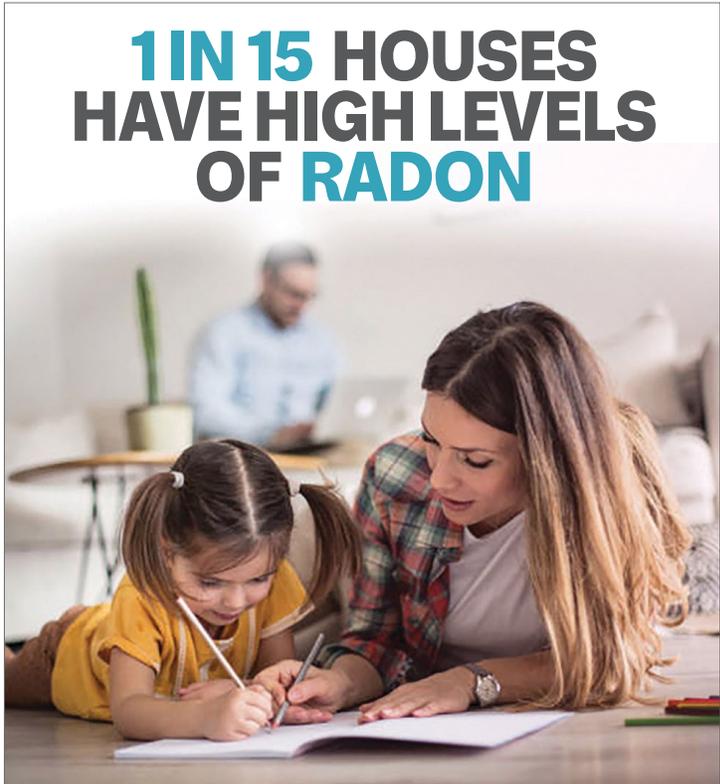
CREATE LASTING MEMORIES WITH A **BEACHCOMBER** TAILOR-MADE FOR YOUR FAMILY!

- HOT TUBS
- POOLS
- SAUNAS
- GAZEBOS
- GRILLS
- SMOKERS



**BEACHCOMBER**  
LONDON

754 Wharncliffe Road South, London ON  
www.beachcomberlondon.com



Ask about our DIY and In-home testing to keep your family safe

**T 519.280.3690**



[www.RadonFX.ca](http://www.RadonFX.ca)

## STUDIO H ARTIST GROUP .COM

hair • colour • barber • skin • spa • makeup • 4 everyone

*Your sustainable salon, barber & spa who cares*






519 709 HAIR (4247)  
www.studioHartistgroup.com  
140 Ann St. Suite 106, London, ON

**STUDIO H Artist Group is London's Award winning team, proud to offer:**

REFILL & RECYCLE PROGRAMS  
AMMONIA/SULPHATE-FREE PRODUCTS & SERVICES  
PRIVATE ROOMS - GENDER NEUTRAL PRICING  
WHEELCHAIR ACCESS - FREE PARKING - FREE WIFI



**L'ORÉAL**  
PROFESSIONNEL  
PARIS




# JOIN US FOR OUR 2022-2023 SEASON

At Dance Extreme Inc., we not only teach your little stars to dance, **we awaken the greatness in your child.** We inspire your dancer to be mindful of others as they work with others in a team environment. We provide a safe space that allows your dancer to gain confidence and to express their love and passion for dancing. At DX, we help your child create treasured connections that will last a lifetime. After all, dance friends are truly the best friends! Sign up in-person or online with Dance Extreme Inc. for our 2022-2023 season!

Register online anytime or in-person:



August 1 - 31:

Mondays, Thursdays, Fridays  
Tuesdays & Wednesdays

9:00am-4:00pm

9:00am-9:00pm

September 7 - 8

September 12 - 15

4:30pm-7:00pm

4:30pm-7:00pm

Classes Begin September 17, 2022



START THEIR  
JOURNEY TODAY!

  
**Dance extreme**

Info@danceextreme.com

519.657.3262