

MOM & CAREGIVER™

OCTOBER 2022
VOLUME 24 ISSUE 10

www.themomandcaregiver.com

TWICK OW TWEAT 10

**A DIETITIAN-
APPROVED (STILL FUN!)
HALLOWEEN 14**

**RIDING THE
WAVES OF
MOTHERHOOD 20**

**ROCKING
INTO
HALLOWEEN**

There's something for everyone at the Y.



*Join the Y
Community!*

ymcaswo.ca



**YMCA of
Southwestern
Ontario**

Scan this for
more info



EDITORIAL
Celebrate 'Til You Bust!

04

05 EVENTS CALENDAR
October

NEW BEGINNINGS
Canadian Breastfeeding Week 2022

06

07 NEXT STAGE
Are The Kids Alright?

WE ALL BELONG
Storytelling

08

09 DON'T GET LEFT IN THE SHADE
New Regulations for Window Coverings

SPEAKING OF...
Twick ow Tweak!

10

11 KID ZONE
Get to Know our New Kid Zone Writers!

FRANKLY FATHERHOOD
Village-Style Parenting

12

14 FOOD FOR THOUGHT
Dietitian-Approved Halloween

BIZ SHOWCASE
Yellow Brick Pottery

16

17 SPECIAL FEATURE
Halloween Recipe

TMI
One Wave at a Time

18

20 SOULFUL SINGLE MOM
The Surfboard Of Life

ONE STEP AT A TIME
Inclusive Costumes for Halloween

21

22 PET FRIENDLY
Disaster Preparedness
for the Whole Family



ON THE COVER

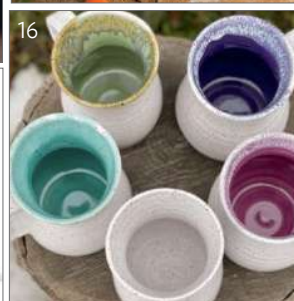
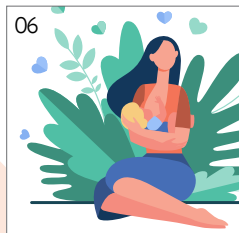
We love the '80s! Texturizing hair spray + a ukulele made to look like an electric guitar + Madonna-inspired clothes make for a great Halloween photo shoot. **Sophie's** sass, pro posing skills and great listening made it easy on us!

Photographer
Photostylists

One-12 Photography
Sabina Manji
Melissa Warkentin



CONTENTS



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

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

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



CELEBRATE 'TIL YOU BUST!

Every year, I'm elated all over again with the things October brings to celebrate. Fall is my favourite season, so I dive right into pumpkin lattes, cozy sweaters and crunching leaves. We are also observing Canadian Breastfeeding Week, Yom Kippur, Thanksgiving, Diwali and Halloween this month! We are thinking of you all as you celebrate these events and others with family and friends.

"Fed is best" when it comes to babies, but if you have chosen and are able to breastfeed, it can be challenging. "So much of a person's success with breastfeeding relates to the circle of supports around them." This year's theme for Canadian Breastfeeding Week (October 1-7) is Step up for Breastfeeding - Educate and Support. It is about a community's need to protect, promote and support breastfeeding. Step up to support breastfeeding mamas on page 6.

Thanksgiving is a special time for me. It's very important that I take time to show gratitude in my life. I am blessed with family, food, shelter and health. I am also very grateful for friends and those who support me, as well as the personal growth that is so important in my life. I hope you also find time to celebrate your thankfulness with those you love.

Of course, every kid's favourite October holiday is Halloween! Our resident dietitian Jenn...OK, let me stop right there. I know what you're thinking. Why am I going to read an article where a dietitian ruins the fun my kids can have at Halloween? Well, guess what? You're wrong! Our resident dietitian, Jenn, knows exactly how important and fun Halloween is to your children. And she has great ideas on making sure the kids feel all the fun while the parents feel none of the guilt! Find out more on page 14.

Lastly, we'd like to celebrate three new members of The Mom & Caregiver family. Welcome to Luca and Nico, our new Kid Zone writers! (Here's a secret - they're actually the sons of our Frankly Fatherhood writer, Frank.) And welcome to Soulful Single Mom Lyndsay Campbell who brings her experience as a co-parenting mother and a Life Transformation Coach to our pages!

Happy October to all and happy celebrating this fall,

Sabina

Editorial photography
by Flavia Zaidan
Make-up by Sanah Zebian



"Whatever you're doing today, do it with the confidence of a four year old in a Batman t-shirt."

- unknown

2022 EVENTS

October

Monster Truck Throwdown,
Delaware Speedway,
www.delawarespeedway.com

01ST

*Blessed
Yom Kippur*

05TH

*Time Warp:
The Music of Rocky Horror,*
Grand Theatre,
www.grandtheatre.com

06TH

Pumpkin Spice 5K,
Greenway Park,
[www.goodneighborscanada.ca/
pumpkin-spice-5k](http://www.goodneighborscanada.ca/pumpkin-spice-5k)

08TH

*Happy
Thanksgiving!*

10TH

The Wiggles Big Show!,
Centennial Hall,
www.centennialhall.london.ca

13TH

Bryan Adams,
Budweiser Gardens,
www.budweisergardens.com

15TH

Imagine Van Gogh,
100 Kellogg Lane,
www.imagine-vangogh.com

22ND

*Sending Love and
Light this Diwali*

24TH

Grand Ghosts,
Grand Theatre,
www.grandtheatre.com

26TH

StoryBOO! Halloween,
Storybook Gardens,
www.storybook.london.ca

30TH

*Happy
Halloween!*

31ST

LONDON FRENCH DAY CARE

HOME CHILD CARE AGENCY

PARLEZ-VOUS FRANÇAIS? OR ANOTHER LANGUAGE?

Do you know why Home Child Care Providers love the fall?

They have the freedom to spend time outdoors with children:

- Enjoy fresh air
- Take long walks
- Collect leaves
- Watch children discover their environment

Plus they get to do classic fun fall activities with children:

- Colourful crafts
- Decorate pumpkins
- Celebrate Halloween
- Help exuberant children explore the season

Self-Employed Providers love what they do. They control their world and make a difference in children's lives.

*Find out if a rewarding career
in home child care is for you.*

For a free consultation, contact:

**London French Day Care -
Home Child Care Agency**

T 519-439-5192

W www.londonfrenchdaycare.ca

E Info@londonfrenchdaycare.ca



For More Details and Events Visit

THE MOM & CAREGIVER .COM

FOLLOW US



WWW.THEMOMANDCAREGIVER.COM

THE MOM & CAREGIVER

CANADIAN BREASTFEEDING WEEK

Canadian Breastfeeding Week is celebrated from October 1 to 7 each year. The week is set aside to raise awareness about the critical role breastfeeding plays for the nutrition, immunologic protection, growth and development of young children.

This year, the theme ***Step up for Breastfeeding - Educate and Support*** is meant to focus attention on the need to strengthen the capacity of those who protect, promote and support breastfeeding within our community. So much of a person's success with breastfeeding relates to the circle of supports around them.

EDUCATE

Exclusive breastfeeding (baby getting only breast milk) is recommended for the first six months, with continued breastfeeding along with solid foods for up to two years and beyond.

- Breast milk is perfectly designed for a child's nutritional needs and helps to prevent infections.
- Breastfeeding supports mother and child attachment, provides food security to infants and ensures mother and child have the opportunity to be healthy.

- Breastfeeding is important for a mother's health as it decreases the risk of developing breast and ovarian cancer, depression, type 2 diabetes and weak bones.

With the mounting evidence that demonstrates the importance of breastfeeding for infants, children and women, it is important to make informed decisions about infant feeding. The circle of support around a mother can help her meet her breastfeeding goals.

SUPPORT

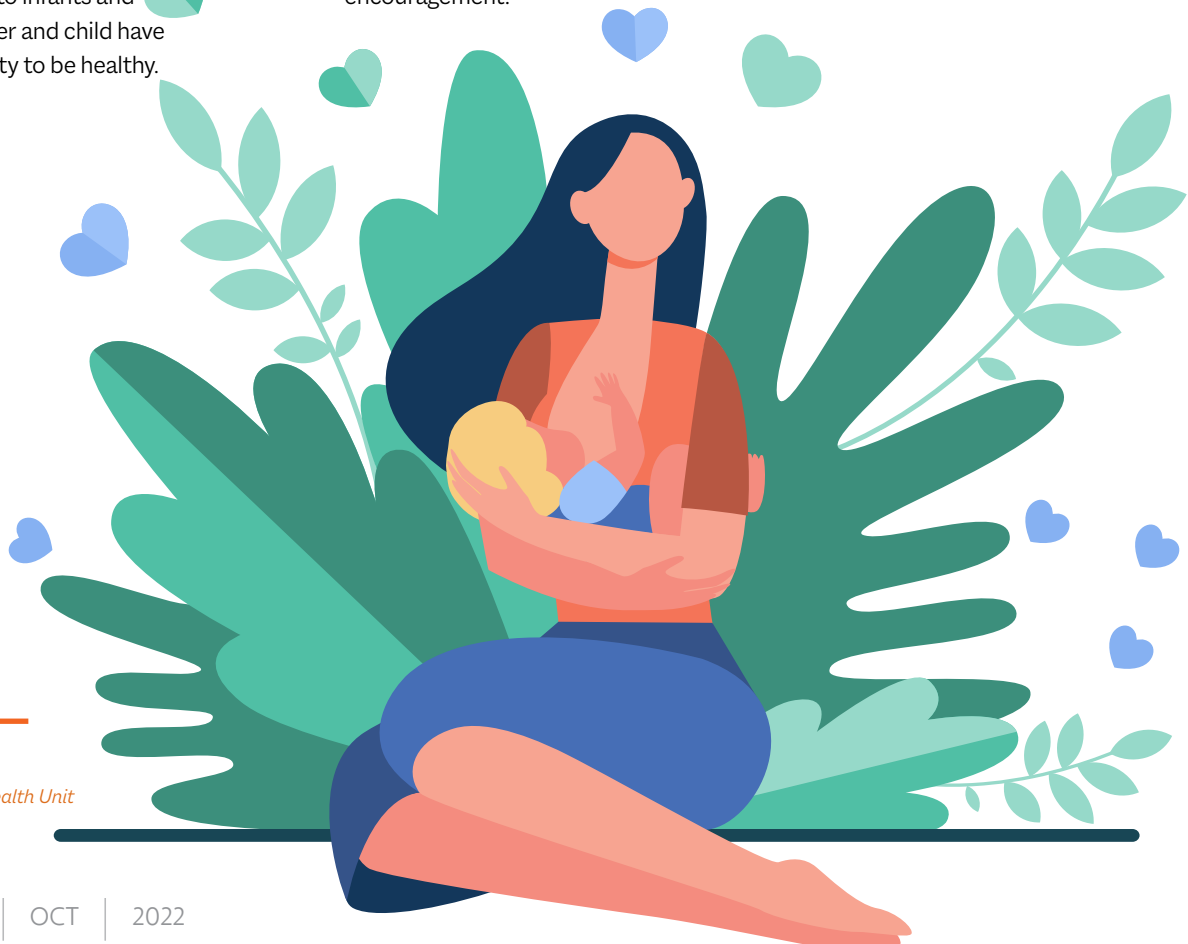
A circle of support is key to helping mothers establish and continue breastfeeding. Support can come from many places: a partner, family, other moms, health care providers, workplaces and the broader community.

- Family and friends can create a positive environment for a new mother by learning about the importance of breastfeeding, bringing mom a glass of water or a snack while feeding, helping with household chores, or giving supportive words and encouragement.

- Healthcare providers can ensure they are following breastfeeding best practices that have been shown to increase a mother's success at reaching her breastfeeding goals.
- Workplaces can learn about the Ontario Human Rights Code that requires accommodation for breastfeeding and returning to work and can create policies that require staff to be aware of the rights of a breastfeeding mother.
- The community can show support for breastfeeding by smiling and expressing words of encouragement if we see a parent breastfeeding, not asking them to cover up or feed elsewhere, and refer breastfeeding parents to professional and or peer supports if they have challenges.

Consider how YOU can step up for breastfeeding!

To learn more about breastfeeding and local support, check out Middlesex-London Health Unit www.healthunit.com/breastfeeding or call 519-663-5317. 🧡



Laura Dueck,
Public Health Nurse,
Middlesex-London Health Unit

ARE THE **KIDS** ALRIGHT?

Let's face it...Instagram is addictive. As adults we feel, perhaps erroneously, that we can exercise self-control and break away as needed. What about adolescents and teenagers? What is the impact of social media on them and how do we help them to navigate this new world we barely understand?


I had the opportunity to hear a lecture by Dr. Simone Lebeuf, a pediatrician who spoke at the College of Family Physicians conference. It was an eye-opener.

For starters, I was alarmed at the prevalence of social media use. According to the Ontario Student Drug Use Health Survey, 86 % of teens reported using social media daily and 20 % reported five or more hours of use a day. Dr. Lebeuf suggested the following risks of time on social media for young people:

- 1 More time on social media is associated with increased weight gain.
- 2 There is a correlation between social media time and rates of depression.
- 3 Although there have not been studies to this effect, more time on social media anecdotally seems to be associated with low self-esteem.
- 4 Sleep is impacted by screen time, especially by screen time within two hours of bedtime.
- 5 There is explicit content that exposes young people not only to sexual content but also risk of sexual exploitation.
- 6 15 % of teens report being witness to, or victims of, cyberbullying.

- 7 There are many pro-disordered eating messages and sites on line.

Advantages of social media might be connectivity and the finding of affirming groups especially for LGBTQ teens. Therefore Dr. Lebeuf recommends managed media time, co-viewing with your kids and healthy discussion around content with them. In addition, the use of privacy settings and controls may be an option.

It is a brave new world and, like the old world, everything has good and bad. We can guide our kids to discern and be savvy consumers. 



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!

STORYTELLING

Storytelling is one of the oldest and most powerful ways we communicate and connect. We love to hear and share the stories of people who have experienced the positive impact of the Y! Whether supporting newcomers to Canada, giving children a place to grow and feel included, or providing adults an avenue to challenge themselves and make new connections, the Y is truly a community.

"As newcomers to Canada, the Y helped my family of four integrate into our new community. We recently joined the Y and hope to build great memories here!" - Juan

"The Y has made a huge impact on our son's life. He attended camps where he felt accepted, included and had so much fun. It was a place he could go where he felt safe and listened to. This built his confidence. The counsellors were top notch, so energetic, responsible young people who were great role models. I cannot say enough good things about our experience at the Y." - Deb

"We signed up for the Y because it was local, close to home, and we had three young kids. We joined karate, soccer, floor hockey, climbing and basketball! We were at the Y nearly five days a week. I, the mom of these very active kids, began making friends and connections with other Y members. They invited me to group fitness classes, to work out with them on the fitness floor. Thanks to them, I found my love for fitness and started attending several classes per week. I was so engaged that I was asked whether I'd consider becoming a group fitness instructor. I was floored, and honoured. I now have been teaching Group Active for three years and I'm loving it! I've had the opportunity to do the same for some of my class attendees and it's been incredibly rewarding!" - Stephanie

YMCA of Southwestern Ontario
ymcaswo.ca





REGISTER YOUR CHILD

FRÈRE-ANDRÉ 400 Base Line West, London 519-471-6680	SAINT-JEAN-DE-BRÉBEUF 270 Chelton, London 519-963-1219
SAINTE-JEANNE-D'ARC 35 Fallons Lane, London 519-457-3141	SAINTE-MARGUERITE-BOURGEOYS 700 Bristol, Woodstock 519-539-2911



CONTACT YOUR LOCAL SCHOOL OR VISIT OUR WEBSITE TODAY!
MyFrenchSchool.ca



NEW REGULATIONS FOR WINDOW COVERINGS

If you have been in the market for new window coverings lately, you are aware that Health Canada has enacted new regulations that have created a whole new world for us in the business and for consumers looking to dress their windows.

Every year, there have been reports of young children or pets becoming entangled in cords on window coverings and dying of strangulation. Such an incomprehensible accident is a tragedy none of us want to face. Legislation has been in the works for a couple of years and was to be enacted effective May 1, 2021. Due to COVID, official regulations were effective May 1, 2022. Window coverings manufactured after this date must comply with legislation. Thus, all suppliers have experienced many changes in how new shades operate and the small parts which were reconfigured.

1 Any band, cord, chain, string or any other component that is capable of folding in any direction and/or connected end to end and is reachable must not exceed 22 cm (approximately 8") in length.

2 Any parts of a corded window covering that is accessible to a child must meet stringent size restrictions to ensure that they cannot be detached and not swallowed if they become dislodged.

3 Every external component must meet stringent lead levels of less than 90 mg/kg.

This legislation, although required to provide the necessary safety to our most vulnerable, has resulted in an increased cost of window coverings. Automated shades have been increasingly popular, cordless options are available, and most manufacturers have worked hard to reengineer the products and provide alternatives that are both compliant and cost effective.

If you have window coverings already installed in your home that have the chain or corded operation and were manufactured prior to May 1/22, they are "grandfathered" and are still legal for use. However, please be aware that they are a safety issue and ensure that you are vigilant around their use to protect our most precious members of society from a horrific but avoidable accident. 🙏



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.



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

TWICK OW TWEAT!

Ghouls, goblins, fairies and unicorns are back for the most fun time of the year! Whether we're heading out with our own little knights or waiting to see all the happy little ghosts coming to our doors, there's a single phrase we're all going to hear over and over again: TRICK OR TREAT!

It won't always sound that way, though. It's certain we're going to hear quite a few "twick ow tweats" on Halloween night. It's fine for many kids who can't make their "r" sound. After all, that is the last sound expected to develop on its own, because the acrobatics our tongues have to pull off to make this sound are impressive. So if you don't hear 6-year-old Dwacula roll his "r", it's OK!

But what about 8-year-old Wapunzel? In her case, the "r" sound should be acquired – or at least be well on its way to being acquired – in a child's eighth year. This is



a minimal expectation; most children have mastered the sounds that naturally occur in their language by eight years old (barring any long-standing hearing difficulties). Should something be done about the "r" sound for kids at this age? That depends.

One helpful factor is if a child makes no other errors in their speech sounds or has

no history of speech or language delays. This may not predict whether or not the child's "r" will correct on its own, but it is a good predictor that a little bit of help is likely to correct it. It is always a risk to "wait and see" on developmental milestones that have not been met on time.

Unfortunately, the "r" sound is tricky to produce and correct, and therefore takes more time and professional skills to remediate.

And as with all therapy for speech sounds, the older a child is when therapy starts, the longer therapy will take. So, see your Friendly Neighborhood Speech Pathologist soon. Let's help make it a "Merry" Christmas (instead of a "Mewwy" one)!

Happy Halloween! 🎃

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



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

GET TO KNOW OUR NEW KID ZONE WRITERS!

TELL US A BIT ABOUT YOURSELVES. HOW OLD ARE YOU AND WHAT GRADE ARE YOU IN? WHAT ARE SOME OF YOUR FAVOURITE HOBBIES?

Luca: I am 9 years old and in grade 4. My favourite hobbies are reading, gaming, playing with my friends, drawing, and doing math in my head.

Nico: I am 6 years old and in grade 2. I love to play with Transformers, build with Lego, and battle with my Bakugan toys. I love to swim, play on the swings and the play yard. Cuddles and story time with my dads at night is my favourite!

TELL US ABOUT YOUR FAMILY, INCLUDING ANY PETS YOU MIGHT HAVE.

Luca: I have two dads - a teacher and a doctor. I have a very annoying brother, Nico, and a cute cat named Mango Tango - Mango for short. We have two sisters who live in Guelph and are 11 and 6. I have another sister who lives in Ottawa. She is 12. I have a Great-Aunt that lives very close to us. I have three uncles and one aunt. We call them Tíos and Tía - that's uncles and aunt in Spanish. I have two grandmas and two grandpas - one grandpa unfortunately died. I also have

family in Uruguay and some of my cousins live in the U.S.

Nico: I have two grandmas and two grandpas but one of them died. I have one great aunt and two dads. I have one cat and three sisters and one brother. My cat is furry and soft and she purrs very loudly when she's happy! I love her a lot.

SINCE THANKSGIVING IS NEAR, TELL US WHAT YOU'RE MOST THANKFUL FOR. YOU CAN EVEN INCLUDE YOUR FAVOURITE THANKSGIVING FOODS.

Luca: I am thankful for my family and friends because they keep me company and I am alive because of them. Some of them are very fun to play with. I'm not a big fan of turkey but I like my Tía's mashed potatoes with cheese.

Nico: I am thankful for my wonderful family, and my friends that I play with at school. At Thanksgiving I love turkey and my Tía's mashed potatoes. I love chicken soup and dessert! 🍽️



Photography by
One-12 Photography

Meet our newest Kid Zone writers, 9 and 6 year old brothers Luca and Nico. Each month, they'll be sharing perspectives on life as a child sees it.



VILLAGE- STYLE PARENTING





While the weather was still lovely, we had a few parents and a gaggle of kids over for dinner. Without thinking, I asked one of the kids (let's call her Kimmy) to let others have a turn on the swing set. Later that evening, I reminded Kimmy to eat her dinner at the table with the rest of us. Kimmy's parents and I are good friends, and they didn't mind that I was correcting Kimmy's behaviour as we often help each other with parenting our kids.

But one of the other parents at the table pointed out how unusual it was to see me parenting someone else's kid. She then proceeded to tell us about how she was "put in her place" when she tried to correct her niece's behaviour at a family gathering. A great discussion followed about whether it's OK to correct behaviour or discipline other people's children.

I've learned that not everyone is OK with this "village-style" parenting and some feel that it's strictly a parent's job to rear their own kids. For me, I am comfortable with trusted adults to correct and even discipline my kids. And if we are guests in your home, I would very much appreciate that my kids be reminded to respect the household rules.

It's one thing to remind kids to share or ask them to use their manners, but – I was asked – how do I feel about someone else scolding or disciplining my kids? If my kids are acting out in a way that is destructive, aggressive or harmful to others, I think it's appropriate to intervene and then refer to the parent for a consequence. When this happens at our home, I've been known to say, "We don't do that in our house". Most of the time, kids quickly get the message and return to their play.

Easier said than done! Some parents might take this kind of intervention personally and it could bring up feelings of inadequacy. I like to keep in mind that our kids are still learning to navigate the world around them, so it's important for them to hear other adults reinforce the same messages as we do. Perhaps before jumping in, parents can talk to one another about their limits and level of comfort. Parenting (done right) isn't easy and maybe we should be a little more open to helping each other out when it comes to raising our kids. 🧡



A DIETITIAN-APPROVED

OK, healthy eating tips and tricks are my jam, but I'm not a total buzzkill when it comes to Halloween treats - I promise! I get many questions around this time of year from parents asking what they should do. The answer? Go with what is right for you and your family, all while considering the different strategies below for some ideas and inspo!

1 SEPARATE THE LOOT INTO TWO PILES.

Let the kids choose a few pieces of candy that night after trick-or-treating and then separate the rest of their stash into "keep" and "don't keep" piles. From the "keep" pile, add a treat to their lunches every day for the week following Halloween. It can also be helpful to keep the candy out of sight. Most kids tend to forget about the candy once the excitement of Halloween is over.

2 NO LIMITS!

Let the kids fully embrace the sugar-coated, chocolate and candy filled aspects of Halloween. Let your kids eat as much as they want on Halloween and the day after. On the third and fourth day, limit it to having one along with a healthy snack. By then most kids have lost interest in it. At the same time, make the Halloween experience about more than just the candy. Plan a meal with friends or family before going trick-or-treating, or meet afterwards for a celebration and make the focus on being with friends and family.



HALLOWEEN

3 SET LIMITS AND GIVE OPPORTUNITIES TO TRADE TREATS FOR OTHER FUN ACTIVITIES.

Let older kids (4+) have as much candy as they like on Halloween night, even if it means they may go overboard, eat too much and not feel great. We learn by making mistakes! As hard as it might be to watch our kids gorge on treats, this will teach them to moderate how much they eat in the future. If they do feel ill, use it as an opportunity to talk about it. Ask them why they think they feel that way and what they could do the next time so they don't feel like that. When it comes to eating treats after Halloween night, you can set designated eating times (for example, after dinner) and limit how much they can have in one sitting. If you want to set a limit to manage how much candy they bring home, send them out with

smaller buckets/bags or set a time limit to how long they can be out. You can also give them the opportunity to trade their sweets for other fun activities, like a trip to an indoor play space, park or movie.

Remember that Halloween is only one day, and it's important to look at what kids eat the other 364 days. If you follow a generally healthy diet full of veggies and fruit, whole grains, healthy fats and lean proteins, a few sweets here and there won't hurt. While I most definitely don't recommend routinely serving candy to kids, I do believe that it's our jobs as parents to make sure they grow up with healthy eating competence. This includes fueling their bodies with healthy foods most of the time, all while enjoying pleasurable foods in moderation, without feeling guilty. 🍬

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



YELLOW BRICK POTTERY



For the finest selection of
custom pottery in Port Stanley

6781 Union Rd, Port Stanley, ON N5L 1J2

info@yellowbrickpottery.ca 519-870-5112 www.yellowbrickpottery.ca

*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.* 🍷

Kristy Suckling is the sole proprietor at Yellow Brick Pottery, working her tail off to spin the orders that she's always so grateful to receive in the countryside of Port Stanley, Ontario.

"As a small business owner, entrepreneur, mental health nurse and counsellor, I can tell you that I never have much down time, but what I do have is a level of satisfaction and a passion for what I get to do for work," says Kristy.

She started doing pottery in August of 2019 when she took a single lesson with Tony Clennell. She was hooked and by the next day had rushed off to the pottery supply house in Oakville and invested in a wheel, kiln, clay, glazes and all the tools needed to get started. "I spent the next few months working away to teach myself how to throw, trim, fire the kiln and glaze. It was no small feat to overcome."

She now looks back with zero regrets on taking that small leap of faith of investing in herself and following her path to happiness. Kristy shares, "The confidence that I've gained in creating something from nothing has inspired me to keep moving forward and expanding my skills and knowledge in this field. I'm so grateful to all the people along the way that I've met because of my hobby turned "jobby" and I am so excited to see where this adventure is taking me."

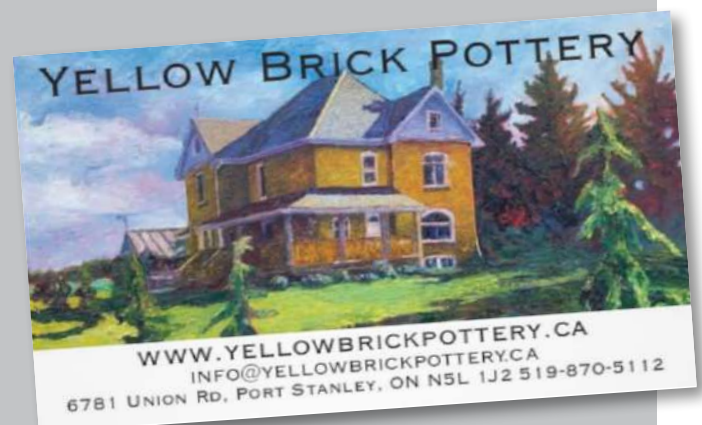
She would like to thank all of her customers, mentors, teachers, small business organizations, friends, and family for the encouragement and guidance over the last few years. It takes a village to raise a child and it takes a community to raise a small business!

Yellow Brick Pottery offers custom logo mugs for businesses, pottery wheel lessons, and handmade, wheel spun stoneware pottery. If you're interested in learning more, hop on over to their website: www.yellowbrickpottery.ca

Instagram @yellowbrickpottery

Facebook @yellowbrickpotter

Tiktok @yellowbrickpottery



PUMPKIN PANCAKES

Whip up a batch of these seasonal pancakes and make your October morning a treat, not a trick!



INGREDIENTS

- 1 cup white flour
- 1/2 cup whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon Kosher salt
- 1 large egg
- 1 1/4 cup whole milk
- 1 tablespoon honey
- 1 tablespoon vegetable oil, plus extra for greasing the pan
- 1 cup pumpkin puree

INSTRUCTIONS

- 1 Sift the first 6 ingredients in a bowl.
- 2 In a separate bowl, combine the rest of the pancake ingredients.
- 3 Slowly add the dry ingredients to the wet until combined; it's ok if there are some lumps.
- 4 Heat a large sauté pan or griddle over medium heat and grease with oil.
- 5 Drop about 2 Tbsp of the pancake mixture onto the griddle and cook for 2 minutes on each side until golden.

Recipe by Weelicious

Awakening The GREATNESS in Your Child

We provide a safe space that allows our dancers to gain the confidence they need and to also express their love and passion for dancing. At Dance Extreme Inc. we truly care about all our dances and their family, we create treasured connections that will last a lifetime.




Acres of Fall Family Fun

only minutes from London!



Kustermans FALL FESTIVAL

London's Largest Farm Attraction

Pumpkin Patch, Corn Maze & Adventure Farm

Mount Brydges, ON | 519-264-9199 | Kustermans.ca

USE CODE: FALL22 for \$1 OFF online tickets!





ONE WAVE AT A TIME

I have been grieving three very tragic and sudden deaths of people that were extremely significant to our family for the last four months. The grief has been a monumental task for me to unpack as the emotions surrounding these deaths have come in waves. Typical of waves, some of these memories break around me, leaving a lingering presence, while others crash into me and try to pull me beneath the surface in the undertow. Parenting through these losses has been a challenge but has provided a new level of communication, compassion and appreciation between my tween daughter and me.

Other than the death of a family dog when she was very young, this was my daughter's introduction to death and dying. The compounded impact of the three deaths in a very short period has enhanced both our grief and our responses. Here is how we are coping as a family:

We talk about it. Instead of brushing off the tears, we discuss what triggered the tears. Often it results in sharing some special memories that memorialize the lost person. These discussions have provided us opportunity to share anxieties and collaborate on a family strategy to push through it.

We are normalizing crying. Tears are a normal part of the grieving process and provide a therapeutic release. They can be triggered by both happy memories and an awareness of a pending absence. Tears can arrive suddenly and unannounced, but usually just after you have applied mascara.



We lean on our support systems. We are selective on what conversations we share with or around our daughter. We are the parents and don't need to burden her with adult concerns. It is important to surround yourself with a supportive group of adults like friends, family, neighbours or a counsellor for these heavier conversations.

We ask for help. We understand that tears often happen in private, but grieving is not something that is experienced alone or on a timeline. We ask each other and our support systems for help exploring these uncharted waters.

But most of all, we take it one wave at a time. 🌊

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.

1 IN 15 HOUSES HAVE HIGH LEVELS OF RADON



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

T 519.280.3690

RadonFX

www.RadonFX.ca

**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



THE SURFBOARD OF LIFE

"What have I done", I thought to myself as I sat on the cold, white ceramic tile of the unfamiliar kitchen floor. The unpacked moving boxes with my name labelled in black magic marker were stacked all around me as I held the stale pizza from the day before in my hand, trying to take a bite so I could have the energy to just keep moving. But all I could do was sob.

Was my marriage really over after seven years?

How will I ever get through a divorce, six months pregnant?

Can I support my family on one income alone?

What will be the impact on our children?

These questions ran throughout my mind, over and over again. Without being able to determine a clearly defined solution to my perceived problems above, I witnessed myself continue to focus on the reel of worst case scenarios. I felt lost, insecure and destabilized.

And yet, I had a deep inner knowing that I would be okay.

That day I didn't have the answers while eating on the floor, but I believed everything would come together in divine time. I trusted the intuitive nudges and authentic truth that had been guiding me to this moment were supporting my well-being and happiness. And I trusted that my smile would return again as I stepped into strength and navigated the waves of those new beginnings.

Indeed it did.

Sometimes our 'happily ever after' turns into a 'once upon an uh-oh' and we find ourselves maneuvering over waters we never anticipated would be upon our journey. Yet it is within these defining moments as we traverse the unknown that the most beautiful and bodacious adventures can occur. When we let ourselves boldly declare that our self-worth and value is more important than repressing our truth, the expansiveness of fresh air and transformation greets us in delightful new ways as we ride upon our surfboard of life.

May my articles in this beautiful magazine encapsulate inspiration and self-reflective opportunities to support redefining motherhood after divorce, co-parenting, and the power of loving yourself first. 🌊



Lyndsay Campbell is a co-parenting mother of two boys, a Life Transformation Coach and Reiki Master.

Your sustainable studio who cares

STUDIO
ARTIST GROUP.com
hair • colour • barber • skin • spa • makeup • 4 everyone



L'ORÉAL
PROFESSEUR
PARIS



KÉRASTASE
PARIS

makeup

PUREOLOGY
PROFESSIONAL COLOR CARE

MINT
health spa



STUDIO H Artist Group Inc.
London's Global Award Winning Team offers:
AMMONIA/SULPHATE-FREE PRODUCTS & SERVICES
PRIVATE ROOMS-GENDER NEUTRAL PRICING
WHEELCHAIR ACCESS- FREE PARK & WIFI



INCLUSIVE COSTUMES FOR HALLOWEEN

We all know once fall hits, the Halloween stores start popping up, the neighbours start decorating and our children begin dreaming of their Halloween costume. Some kids want scary costumes with blood, guts and gore while others want to dress like their favourite superhero or princess! Whatever they choose, our goal as a parent is that our child is comfortable and happy in their costume and they can trick or treat with their friends or family.

Halloween costumes have always been a challenge for individuals with a disability. In the past, parents may have had to modify a costume to allow easy access to the abdomen for a G-Tube, modify a pant leg to accommodate an AFO or reconstruct the back of a dress so it sits nicely in the wheelchair. Society has slowly become more aware of the adaptations many individuals require and the fashion industry has finally started making adaptable and inclusive costumes and clothing!


Adaptive clothing is apparel that has been designed for people who have specific needs that traditional clothing cannot accommodate. In addition, adaptive clothing may also be designed for people who have difficulties dressing themselves due to age, disability or general lack of mobility. The key to effective adaptive clothing is catering to the vast array of needs different consumers have, while maintaining style and fashion.

Adaptive clothing includes a wide variety of innovations including:

- Discrete access to the chest or abdomen for portholes, G-tubes or ostomy bags
- Zippers that can be fastened with one hand
- Magnetic buttons and Velcro closures in strategic locations to ease dressing and accommodate assistive devices, prosthetics or orthotic devices
- Sensory friendly knits and materials with flat seams and screen printed size "tags"



- Clothing that can be put on while seated
- Clothing without seams or pockets on the back to make sitting more comfortable
- Anti-strip designs
- Compression clothing for those with hypermobile joints or swelling (edema)

You can find adaptable Halloween costumes at Amazon, Disney, Etsy, halloweencostumes.com, Party City and Target. 

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



DISASTER PREPAREDNESS FOR THE WHOLE FAMILY

Emergencies can happen in a moment's notice. When disasters such as fires, gas leaks, freak weather, or natural disasters strike, quick action can be life-saving.

You may already do fire evacuation practice with your family, have an assigned meeting place and stock an emergency kit. Here are some ways that you can ensure your furry family members are taken care of during a crisis too.

EMERGENCY KIT

Add your furry family member's food, water and medication, as well as often overlooked items such as a sturdy leash, can opener, immunizations records, microchip information, pet stretcher, cage liners, cat litter or disposable pan and a cage or carrier to transport or board your animal if needed. This should be kept by a door and easily accessible at all times.

ID AND MICROCHIP

It is common for pets to panic and flee in the chaos of an emergency. GPS tags are a great option, but there may not be time to affix a collar or it may become dislodged after they escape. A permanent, up-to-date

microchip is the best resource for helping to reunite your family should you become separated. Don't forget to update your pet's microchip registration online if you've moved or changed your phone number since your pet was microchipped.

KNOW WHERE TO GO

If you and your family had to evacuate your home today, where would your furry family members stay? Identify which hotels in your area are pet-friendly, research boarding facilities and consider designating an emergency contact in advance. This person should be prepared now with your veterinarian's contact information and instructions for feeding and medication.

PLAN AHEAD

Many boarding facilities require that all pets be up-to-date with their vaccines. You can ensure your furry family member won't be turned away in an emergency by not letting their vaccine due dates lapse. It's also important to ensure your dog or cat is desensitized to common triggers that can make an emergency even more stressful for them, such as loud noises like thunder or a fire alarm, walking on a leash or being contained in a crate.

Although it's almost unthinkable to imagine such a tragedy happening to your family, early preparation makes emergency situations more navigable and less stressful for everyone involved! 🐾

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.



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.



GRAND GHOSTS

By Trina Davies
Directed by Jillian Keiley

OCT 18 TO NOV 5
ON THE SPRIET STAGE



HAVE YOU SEEN
AMBROSE
SMALL?

In 1919 something happened . . .

GRAND THEATRE

GRANDTHEATRE.COM
BOX OFFICE: 519.672.8800

World Premiere!

SEASON SPONSOR



TITLE SPONSOR



COMPASS DEVELOPMENT
SPONSOR



MEDIA PARTNER

The London
Free Press

...ville-in-
...n't stop
...and we can
...to share it with
...ed with music,
...nce, and spectacle, or
...ghosts will haunt you with
...their rendition of a time in
...our theatre's history that
...remains a mystery. And,
...who knows? Perhaps our
...ghost, Ambrose, might just
...drop in while you're here...



Start The Journey Today

AWAKEN THE GREATNESS WITHIN YOUR CHILD



danceextreme.com

