

THE MOM & CAREGIVER™

AUGUST 2023
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NAILED IT!

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The Power of Dance

WHY DANCE IS A NECESSITY FOR CHILDREN'S DEVELOPMENT

Dance classes are considered a necessity for children due to the numerous benefits they offer. Here are several reasons why dance classes are important for children:

Physical fitness: Dance classes provide a fun and engaging way for children to stay physically active. Through various dance movements and routines, children develop strength, flexibility, coordination, and endurance.

Motor skills development: Dancing refines gross motor skills, improving posture, balance, and spatial awareness.

Creative expression: Dance allows children to creatively express themselves and explore their unique style of movement.

Self-confidence and self-esteem: Dance classes build confidence and pride as children master routines and perform in front of others.

Discipline and focus: Dance teaches discipline, focus, and the ability to concentrate, which extends to other areas of life.

Social skills and teamwork: Dance classes offer a supportive environment where children can gain confidence in their abilities. As they learn new dance steps, master routines, and perform in front of others, their self-esteem grows. Dance classes also foster a sense of accomplishment and pride in their achievements.

Cultural appreciation: Dance exposes children to diverse dance styles, traditions, and cultures, fostering appreciation, understanding, and respect.

Stress relief and emotional well-being: Dancing can be a powerful tool for stress relief and emotional well-being. It allows children to release pent-up energy, express emotions, and escape from daily pressures. Dance classes often create a positive and supportive atmosphere that promotes emotional health and overall well-being.

Overall, dance classes provide a holistic approach to child development, encompassing physical, cognitive, emotional, and social aspects. They nurture creativity, confidence, discipline, and a love for the arts, making them an essential and beneficial activity for children.

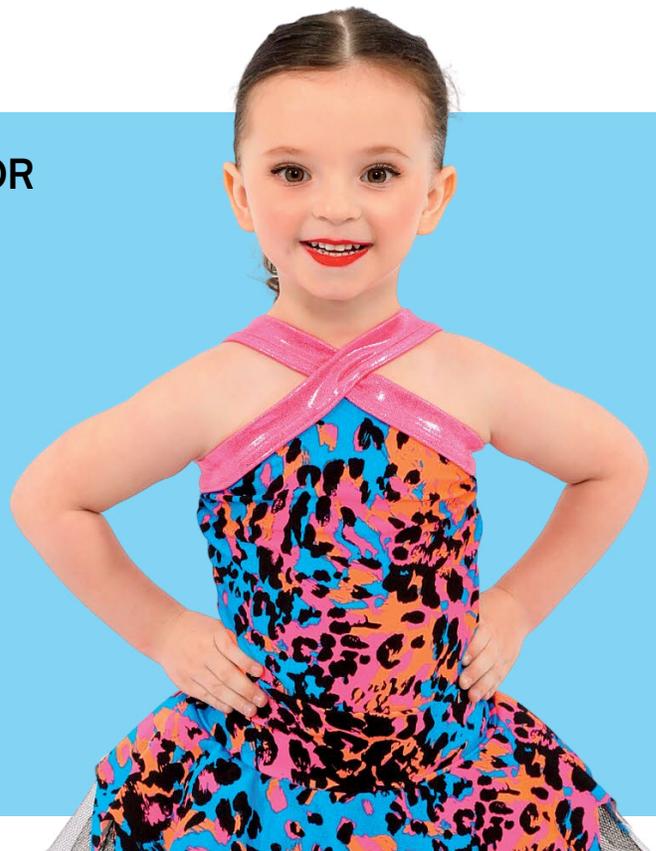
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COVER

What a nail polish pro **Lucca Jeanne** turned out to be. She held her breath and concentrated hard as she painted each toe with precision. When the nail polish spilled all over the floor mid-shoot, it wasn't **Lucca Jeanne** who had done it - it was our chief editor, Sabina!

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YOU'VE ASKED AND WE'VE ANSWERED!

We adore the relationship we have with our readers, and we love it when you send in your questions. This month, we've taken five of your parenting questions, and asked our experts to provide you with answers. We know that when one parent has a question, it's likely that many of you are wondering the same thing, so here you go!

HOW DO I PREPARE MY CHILD FOR KINDERGARTEN? (PAGE 6)

Kessa Dunlop, a student with the Middlesex-London Health Unit, talks about the skills you can teach your child that will make your little one feel comfortable and confident during their first months at school.

HOW DO I KEEP MY TEENAGERS MENTALLY HEALTHY IN THIS WORLD OF SOCIAL MEDIA? (PAGE 7)

Dr. Bhooma Bhayana, a family physician for over 30 years, gives us the facts. 95 % of teens have a smartphone and 45 % of those state that they are "constantly" on the internet. We know that social media can lead to depression anxiety, explicit content, disinformation, hateful thinking and bullying, so find out what you can do to help.

I USE CANNABIS. HOW CAN I KEEP MY KIDS SAFE? (PAGE 8)

MLHU reports that Health Canada is sounding the alarm! Illegal edible cannabis products, packaged to look like popular brands of candy, are a huge risk to our youth. Find out where to purchase and how to store cannabis to keep your kiddos safe.

HOW CAN I SOOTHE MY TEETHING TODDLER? (PAGE 14)

Registered Dietitian, Jenn Giurgevich, shares recipes for Frozen Yogurt Bark that is sure to soothe a cranky toddler! And let's be honest, a cranky mom and dad will love these treats, too!

HOW CAN I HELP MY CHILD UNDERSTAND THE DEATH OF A FAMILY MEMBER? (PAGE 15)

Becky Morrison is a Nurse Practitioner specializing in mental health, and generously shares her story to help others. Learn the best ways to support infants through teens during loss and grief (using the actual words dead and died is an important one that I find hard but know is necessary).

We'd like to take this opportunity to thank you, our readers, writers and advertisers who are such an incredible part of The Mom & Caregiver family. *We are blessed to be surrounded by you all.*

Sabrina



For More Details and Events Visit

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AUGUST 2023 & EVENTS



01ST Early Years Playdate: Critters Corner,
London Children's Museum,
[www.londonchildrensmuseum.ca/
event/early-years-play-dates](http://www.londonchildrensmuseum.ca/event/early-years-play-dates)

03RD London Ribfest, Victoria Park,
[www.canadasbiggestparty.com/
london-ribfest/](http://www.canadasbiggestparty.com/london-ribfest/)

06TH Yoga in the Garden, Eldon House,
www.eldonhouse.ca

Move and Groove with Your Kids a 30-Day Challenge

Let's get real – parenting can be exhausting! There are days I'm sure we all feel like we have run a marathon but if you look back, we really haven't moved that much.

08TH Family Movie Time, Crouch Library,
www.lpl.ca/events/family-movie-time-33

07TH Happy
Long Weekend!

This summer we've decided to challenge ourselves to a **30-day Move and Groove Challenge**, where we move and groove with our kids for at least 30 minutes a day for the next 30 days! AND we want to challenge all of you!

13TH Beginner Bonsai Workshop,
Covent Garden Market,
[www.coventmarket.com/event/
beginner-bonsai-workshop-2/](http://www.coventmarket.com/event/beginner-bonsai-workshop-2/)

10TH Sticky Fingers,
Original Kids Theatre Company,
www.originalkids.ca/

Let this be your motivation – incorporating physical activity helps everyone release energy and makes bedtime a little easier... who doesn't want that?!

19TH Cat & Nat: Unfiltered Live,
Centennial Hall,
www.centennialhall.london.ca/

17TH Rock the Park presents Delaware
Nights, Delaware Speedway,
www.rockthepark.ca/delaware/

There are so many fun ways to not only get moving, but also support learning and development for our little ones.

23RD Where You Are, Port Stanley
Festival Theatre,
www.psft.ca/

22ND Early Years Playdate: Dino Dig,
London Children's Museum,
[www.londonchildrensmuseum.ca/
event/early-years-play-dates](http://www.londonchildrensmuseum.ca/event/early-years-play-dates)

- Chasing bubbles
- Playing soccer
- Play at the park
- Ride bikes
- Go for a walk
- Visit the Zoo
- Running through the sprinkler
- Obstacle course with sidewalk chalk
- Good luck and have fun!

weewatch.com

26TH Teddy Bear Picnic,
Eldon House,
www.eldonhouse.ca

25TH Taco Fest, Rotary Square at
Covent Garden Market,
[www.coventmarket.com/event/
taco-fest/](http://www.coventmarket.com/event/taco-fest/)



*Editorial photography
by Cynthia Moore.*

“ *It does not matter how slowly you go as long as you do not stop.* ”
- Confucius

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MOM & CAREGIVER.

PREPARING YOUR CHILD FOR KINDERGARTEN!



Kindergarten may be both scary and exciting for your child! There are many things that you can do to help smooth the transition for them!

INDEPENDENCE - The teacher will not always be able to spend time one on one with each child, therefore teaching them skills that help them be independent is important! This might include having them put on their own shoes/coat or having them go to the bathroom and wash their hands.

BASIC KNOWLEDGE - Don't worry about teaching your child academics. The teacher will cover how to read, write, etc. Teach your child basic knowledge such as their name, where they live, how to hold a pencil, etc.

BEING RESPECTFUL - Teach your child manners and how to be polite. This may include saying please and thank you, learning how to share, etc. Don't forget to start teaching responsibility. This can be done by having them clean up their toys or emptying their bag at the end of the day.

GIVE REASONABLE (LIMITED) CHOICES - Give children some sense of control by allowing them to pick out their clothes for the day from two or three choices.

ROUTINE - Try practising a routine BEFORE the start of school. Get up, brush teeth, have breakfast, get dressed, etc. at the same time every morning.

ACKNOWLEDGE FEELINGS - Encourage them to talk about their concerns, or what they are looking forward to. Remember, behaviour is a form of communication too! Minimize talk about school if they are feeling anxious.

REACH OUT - Contact your child's teacher and ask them how you can support your child.

GET SOCIAL - Playdates offer great opportunities to practice socialization and making friends. They can try out their skills at turn-taking, sharing and waiting. Playing in the school playground will increase their comfort.

ON THE FIRST DAY:

- Give yourself extra time to avoid unnecessary stress.
- Remind your child about all the times they have already visited the school playground.
- Try to show your child how happy you are for them.
- Ask the teacher if they could bring a small, familiar item (eg. stuffed animal) from home if that will make them feel more secure, but be aware that losing it is also a possibility.
- Dress them in clothes they can easily pull down/up by themselves. Shoes should be slip on or Velcro.
- Reassure them you will be there at the end of the day and plan some family fun to celebrate!

All the best to you and your child on your first day! 🎒

REFERENCES AND ADDITIONAL INFORMATION

Merrymount Family Support and Crisis Centre - All Kids Belong. (2021). Getting ready for kindergarten. www.merrymount.squarespace.com/s/NewSchoolBrochure2021PDF.pdf
Middlesex-London Health Unit. (2023). Healthy start to kindergarten. www.healthunit.com/healthy-schools-parents
Middlesex-London Health Unit. (2023). Transition to school resources. www.healthunit.com/parent-resources#school

Awakening The
Greatness
 Within Your Child



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WHAT IS THE DEFINING PUBLIC HEALTH ISSUE OF OUR TIME?

I recently took an informal poll of parents of young children to ask what the greatest parenting challenge is that they face in trying to keep their children emotionally healthy. The resounding answer was teaching their children how to navigate their relationship with social media.

The surgeon general of the United States, Dr. Vivek Murthy, recently issued a health advisory warning about the danger of social media on the mental health of teenagers and young adults. He has called this the “defining public health issue of our times.” Most surgeon general warnings are about smoking and other physical health hazards, so this departure made us pay attention.

There is indeed a youth mental health crisis with large numbers of children, teenagers and young adults facing depression and anxiety. The causes of this crisis are many, and the pandemic has certainly contributed

to this. There is overwhelming evidence that time spent on social media is a large contributor to this. Social media provides filtered utopian yardsticks that young people use to measure the quality of their bodies, their social lives and their happiness. We all fall short of what is portrayed, but when we have not developed reality checks, the divide between our own lives and the lives portrayed can become very real.

Social media can also expose children to explicit content, disinformation, hateful thinking and bullying. This is especially worrisome when we know that 95 % of teens have a smartphone and 45 % of those state that they are “constantly” on the internet.

There are three steps that Dr. Murthy suggests to help our children and teenagers manage this terrain.

1 HAVE CONVERSATIONS WITH THEM ABOUT THE DANGERS OF SOCIAL MEDIA.

Help them become more savvy by discussing what to watch for and by making them aware that they can reach out to you if they feel they are being harassed.

2 ESTABLISH TECH-FREE ZONES.

Focus primarily on time before sleep because sleep is so important to growing minds. Family time and meal times are also times to put away phones.

3 PARTNER WITH OTHER PARENTS.

If your children know that other parents have similar boundaries it makes those boundaries more palatable.

It is not going to be an easy battle but nothing worthwhile ever is. The mental health of our kids is worth it! 

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!



THE R.A.W. Podcast
HOSTED BY Sabina Manji

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EDIBLE CANNABIS POISONING: A GROWING THREAT TO CHILDREN



Health Canada is *sounding the alarm about the accidental ingestion of “copycat” edible cannabis products causing serious harm to children.* The agency says illegal edible cannabis products, packaged to look like popular brands of candy, snacks, drinks and other food products, remain available for purchase both online and from unauthorized retailers. These often contain significantly more THC than federal regulation allows. Edible cannabis products that have bright, colourful packaging or catchy names are illegal under the Federal Cannabis Act and its associated Regulations and should not be consumed.

The danger of accidental cannabis poisoning in babies and children is a growing issue that demands attention. In 2020, Public Health Ontario released data showing that between 2013 and 2018, emergency department visits for cannabis poisoning in the

Middlesex-London region increased to rates more than double those seen elsewhere in the province. In addition, a 2022 study by researchers from The Hospital for Sick Children, Ottawa Hospital, the University of Ottawa, Bruyère Research Institute and the Canadian Centre for Substance Abuse and Addiction showed unintentional cannabis ingestion by young children led to significant increases in emergency department visits and hospital intensive care admissions.

These poisonings can be life-threatening.

Cannabis poisoning is a greater danger for children because of their smaller body size and differences in metabolism. Symptoms can range from mild to severe; they can show up hours after a product is eaten and may last for up to 12 hours.

To reduce potential cannabis poisoning in children:

- Only purchase products from authorized retailers. Legal edible cannabis products contain no more than 10 mg of THC and are sold in plain, child-resistant packaging.
- Store cannabis products in a labelled, locked box, out of children’s reach and away from food and drinks.
- Know the symptoms: anxiety, confusion, sleepiness, lack of coordination, slurred speech, vomiting, slowed or difficulty breathing, seizures, and unconsciousness.
- If you suspect your child may have ingested cannabis, or they show symptoms of cannabis poisoning, take them to an emergency department or call 9-1-1.

For more information visit www.healthunit.com/cannabis-edibles or call 519-663-5317. 📞

DON'T TAKE CHANCES WITH ILLEGAL COPYCAT PRODUCTS. Cannabis edibles can poison children.

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www.healthunit.com

LAST CHANCE AT SUMMER!

Some would suggest that August is the “Sunday of summer” since school is right around the corner, but I would disagree! August is full of sunshine, time spent by the pool, and the last chance to really take in all that summer has to offer! And with fall around the corner, there’s still so much to look forward to, with new foods in season and pumpkin spice all around!

Summer is also a popular time for weddings, and I personally love seeing all the different floral arrangements! I chatted with Natasha, one of our floral vendors from Forget-Me-Not, and she told me that summer is the best time for peonies, sunflowers and quicksand roses. As the summer goes on, Natasha says that local flowers become less expensive during the harvest season since the added costs of greenhouses and importation are not necessary. So if you’re hoping to pick up a gorgeous bouquet, now is the time! Natasha showed me some peonies that were fully bloomed, and I couldn’t believe

how full and gorgeous they smelled! Come check them out for yourself, and don’t forget to chat with Natasha and tell her what your favourite summer flower is!

I personally love buying flowers to go along with my summer picnic because what summer is complete without a charcuterie outside? I chatted with Smith Cheese to find out what their most popular summer cheeses are, and they recommended fresh mozzarella and mango ginger! Pair this with some fresh olives, cherry tomatoes, and a tasty dessert from Pastry Culture, and you’ve got the perfect afternoon snack!

And if you have yet to grab an ice-cream cone before the sun slips away, head on

over to The Ice Cream Bowl, where you can find tons of different flavours, from cotton candy to mint chocolate chip; you’ll be sure to find your signature scoop! Every flavour is handcrafted and tastes just as good as it looks!

As sad as it can be to see summer coming to an end, there’s still so much time to enjoy the last month in the company of family and friends. Join us at one of our summer events or Saturday/Tuesday farmers’ market in order to make the most of our rotary square in the sunshine!

Happy end of summer, London! 

*Mary Shanahan,
Marketing & Administrative Assistant,
Covent Garden Market*

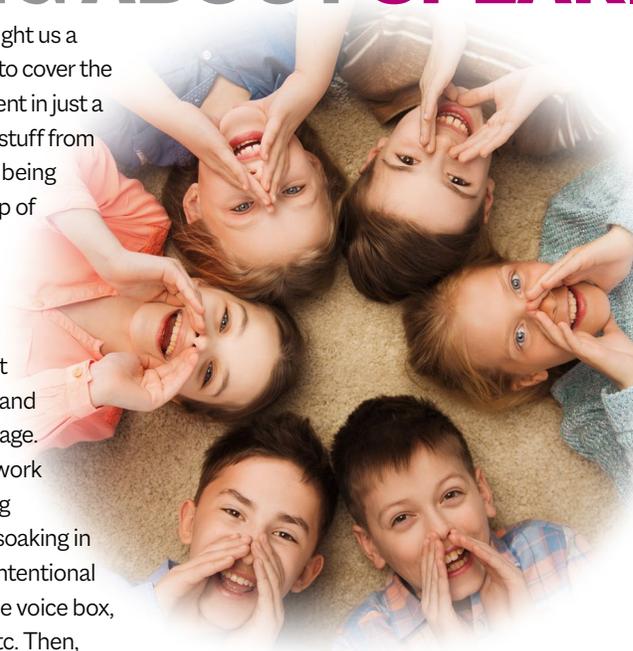


SPEAKING ABOUT SPEAKING!

Our journey this year has brought us a long way. Of course, it's hard to cover the complexity of language development in just a few short articles, but some basic stuff from a pro is better than nothing! That being said, let's move on to the next step of our journey: **SPEAKING**.

There's so much to say about language expression that it's hard to know where to start! To make it easy, let's start with the first year and we'll stick mostly to spoken language. Muscles and brains develop and work together in a complex way to bring about first words. As the brain is soaking in everything happening around it, intentional muscle control is developing in the voice box, palate, tongue, lips, cheeks, jaw, etc. Then, everything has to coordinate to make a group of sounds we can call a spoken word.

Let's pause here to clarify something: To us in this field, a word is any group of sounds that



consistently refer to the same thing. When a toddler always says "dada" for "cup", then that's a word. Same with "teetee" for "soother". These are just examples, with the key message

being: *don't underestimate a toddler's vocabulary just because they don't say words perfectly*. As long as they're referring to the same thing using the same group of sounds, it's a word. Signs are also counted as words.

So, when are they supposed to say their first word? On average, by 12 months old, with the range being 11 to 14 months old. And most first words will be nouns and verbs... what the child can see or experience in their environment, such as "mom" or "up".

Sometimes, toddlers speak earlier. And that's great! Sometimes, they speak later. When that happens, it's important to take a closer look. It doesn't mean there's a problem; it just means that there could be a few things we can do to help bring things along. It never hurts to reach out to your Friendly Neighbourhood Speech Pathologist for a few tips! 

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



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SUMMERTIME, SUMMERTIME, SUM-SUM-SUMMERTIME!

**Do you take any trips in the summer?
Where do you go and what do you do?**

Luca: We always rent a cottage and we celebrate our Nonna's birthday. She will be 80 this summer! Some years we go camping with our sisters.

Nico: We go to a cottage where I can swim in the beach. I like to build sandcastles. We also like to go to African Lion Safari!

What is your favourite activity to do in the summer with your brother?

Luca: We play together outside. Sometimes we ride our bikes, battle with light sabers or play in the pool.

Nico: I like to go in the pool with my brother and have splash battles.

Do you have any ideas for our young readers about how to stay cool in the hot weather?

Luca: Jump in a pool or dump water on your head. Oh, and eat lots of freezies!

Nico: You can have a cold drink, get in a pool or eat some ice cream! YUM!

What is the best thing to fit in during the last week or two before school starts again?

Luca: In the last week or two, we spend time at our grandma's house and have some playdates with friends.

Nico: I want to go to a waterpark! 🎈



*Meet our fabulous Kid Zone writers,
9 and 7 year old brothers, Luca and Nico. Each month,
they'll be sharing perspectives on life as a child sees it.*

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WHO IS MIZ MARCE?

I'm thrilled to be a new contributor to The Mom & Caregiver magazine. I'm Marcy Demelo, but I think "miz marce" is more fun (and I like fun). I am an entrepreneur, career coach and educator. However, first and foremost I am mom to Rémy and Lilie who light up my life. We have travelled near and far. We are best friends and family. What a blessing!

Play has become a huge part of my professional and personal life. It has ensured close relationships with my children and forced me to chill out. Tough times and a good few lessons were required to learn how to embrace work-life balance as a single mom, career professional and ever-evolving woman. I'm here to share my trials and triumphs (and it ain't always pretty), to give you courage and confidence to face life's journeys with hope.

I am passionate about helping women find purpose and fulfillment by facing our fears and taking calculated risks. With a little encouragement, trust me, you can do anything! Finally, it wouldn't be me if I didn't sign off with a wee prayer for you.

Thank you, God, for giving me an opportunity to reach out to women and provide tools to live fulfilled lives. Help us to ignite our amazing gifts within. May grace, strength and, most importantly, time to play fill our days. 🙏



Marcy Demelo is an Entrepreneur, Career Coach and Educator, teaching you how to reinvent yourself to live out your passion. Find her on Instagram at waymaker_inc and at www.waymakerinc.ca



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FROZEN YOGURT BARK - 6 WAYS!

Cool off with this sweet, healthy treat on a hot summer's day. It's so incredibly easy to make and mega delicious! This fun, fruity way to eat yogurt is perfectly portioned and bite-sized for the littles. It makes a great dessert or snack, and even helps soothe a teething toddler!

INGREDIENTS

For all bark, start with:

- 1 cup Greek-style plain yogurt (use one that is 2% or more milk fat)
- ½ cup full-fat coconut milk (the solids from one 14 oz/400 mL can)
- 1-2 tablespoons honey or maple syrup (this is optional)

Then add:

BLUEBERRY YOGURT BARK

- 1 cup frozen blueberries
- ¼ cup granola (for topping)

STRAWBERRY BANANA YOGURT BARK

- 1 ripe banana (fresh or frozen)
- ½ cup sliced strawberries (for topping)

PB + J YOGURT BARK

- 1 ripe banana (fresh or frozen)
- 2 Tbsp peanut butter
- ¼ cup strawberry jam (for topping - after step #2, place dollops of the jam on the yogurt mixture and swirl throughout with a spoon or knife)

PEANUT BUTTER CUP YOGURT BARK

- 2 Tbsp peanut butter
- 2 Tbsp chopped peanuts (for topping)
- 2 Tbsp chocolate chips (for topping)

NUTTY YOGURT BARK

- 2 Tbsp chia seeds (for topping)
- 2 Tbsp chopped pecans (for topping)
- 2 Tbsp chopped pistachios (for topping)

BERRY BLAST YOGURT BARK

- ¼ cup each frozen raspberries, strawberries, cherries, and blueberries or 1 cup frozen berry mix
- ¼ cup strawberry jam (for topping - after step #2, place dollops of the jam on the yogurt mixture and swirl throughout with a spoon or knife)



DIRECTIONS

- 1 Add all the ingredients (except for the topping) in a blender and blend until smooth.
- 2 Line a sheet pan with parchment paper. Pour the blended yogurt mixture and smooth to about ¼-½ inch thick.
- 3 Add toppings (nuts, cereal, seeds, fruit) if you are using them.
- 4 Freeze for at least 4 hours.
- 5 Break into pieces and eat immediately. Keep extra pieces in the freezer in a freezer bag or container for 3 months. 🍷

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



CHILDREN GRIEVE TOO

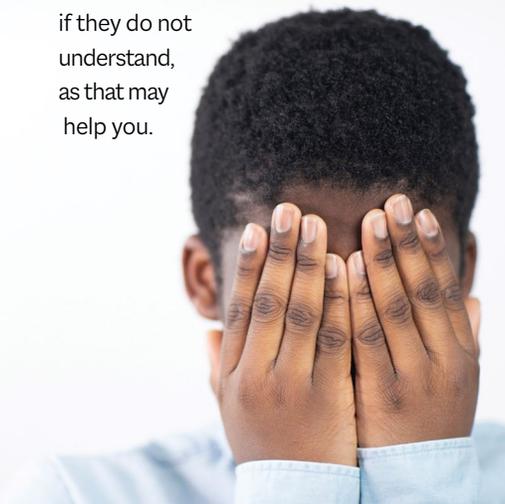
Recently I had to use my skills that I use to support children struggling with grief and loss. My son, Hani, died suddenly and tragically. I found myself not only trying to grieve this unimaginable loss, but also support my four year old son who was struggling with the loss of his little brother.

How children understand the concept of death depends on their age:

- Infants may cry and thumb-suck more. They may sense anxiety and sorrow in the home.
- Toddlers may become hyper, start bedwetting and be unable to verbalize their feelings. They may ask a lot of questions, play “death” or revert to baby talk.
- Ages six to 10 may also play “death”, become shy and act out more. This may translate into lowered grades in school.
- Ages 11 - teen can be angry, act out and start risky behavior. They may also may also search for spirituality.

Now that you have an idea of how your children may express their grief, there are things that we can do to support them, as how they grieve now will translate into how they grieve through their entire lives.

- For infants, keep their routine schedule. Keep them home where they feel safe and do extra cuddling. Talk to them as you hold them, even if they do not understand, as that may help you.



- For toddlers, be honest with them and tell them why the person died. Use words like dead and died. Answer their questions, including what death is. Explain their feelings and let them know it is okay to cry, be sad and play as they don't understand permanence.
- For ages six - 11, be honest and give as many details about the death as needed and wanted as they are curious. Explain what feelings they may have and that they are okay. Offer a journal for them to express their feelings and thoughts.
- For teens, be honest, talk about the death and explain the feelings they may have. Support them and respect their privacy.

It is important for kids of all age to attend the funeral service and be given a role, like balloon release, as a part of the healing process. For anyone who is grieving a loss, *I'm sending you love.* 🌸

Becky Morrison is a Nurse Practitioner based out of Calgary who has specialized in mental health for over a decade. She is finally, after years of infertility, a mother of two busy little boys, and doting fur mom of her gentle giant, Stella. She is, and always will be, a strong advocate for mental wellness at all ages.

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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. &

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As busy mothers and co-owners, Annette Brooks and Maureen Campbell are passionate about the need for quality caregiving for families. Annette and Maureen know all too well the vital role a nurturing and gifted nanny plays in the development of young children for families who are very busy and dream of extra quality time with their kids.

"Our Nanny Referral Service is designed to alleviate the stress and time-consuming process of finding the perfect nanny for your family. We understand that every family has unique needs, preferences and schedules. What sets us apart is our meticulous vetting process that ensures only highly qualified and trustworthy nannies join our network, giving parents the confidence they deserve."

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"We value open communication and transparency. Our platform facilitates direct communication between families and nannies, enabling a seamless exchange of information and expectations. Additionally, we offer ongoing support, ensuring that the transition is smooth and that both parties are satisfied with their arrangement."

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SHIFT YOUR FOCUS FROM GIVING UP TO MOVING ON

We feel happy and proud when our kids try new activities, new skills and new ways of doing things. However, if they decide they have done their best and want to move on and do something different, we can feel let down and disappointed. Children want our acceptance, especially when they worry that they may have disappointed us.

If your child does decide to move on to something different, these three strategies will help you move past your own feelings of disappointment:

1 NOTICE THE REASONS

Instead of finding out what is really driving their desire to move on, you may find yourself saying things like, "Keep at it. Just work a little harder. Don't give up now; you have put so much work into it!" Sometimes children are enrolled in an activity or skill that does not match their ability or interest, and in some

cases, it's simply no longer fun or interests have changed and evolved. The reason your child wants to move on is important.

2 SHIFT YOUR FOCUS.

If you are feeling frustrated, disappointed, stressed or anxious at the thought that 'they gave up', shift your focus to being grateful that they had the courage to tell you how they are truly feeling. It's important to remember changing course takes courage. Transitioning can be hard on you because you are often blinded by the potential you see in your child, or you could be reflecting back on the missed opportunities of your own past.

3 PRAISE HOW FAR THEY'VE COME

Even though they have chosen to move on, it's important to praise your children for how far they have come. Let them know the character traits they used to get there. For example: 'Well done! I admire how you

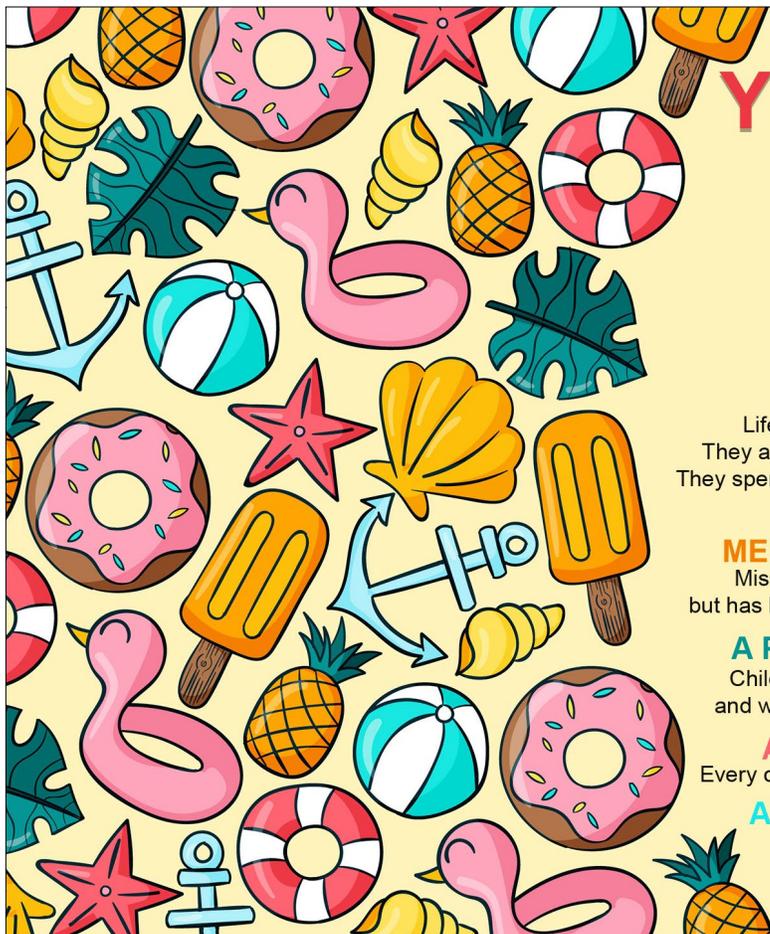


chose to be determined and brave by giving that activity a try.' This allows them to see the character traits they possess which they can use to take on their next adventure.

It's OK to move on to the next project, the next skill, the next relationship, the next adventure. Moving on is something that we have all experienced at one time or another. The key is to remind your kids to 'Never Give Up on Themselves'.

Until next time... 

Sara Westbrook is a professional speaker and creator of UPower Inc, offering keynotes, presentations and workshops on 'Emotions Change Choices' to audiences ages 4 -100. She can be found at sarawestbrook.com or on Instagram @iamsarawestbrook.



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MEET THE TEACHERS

Teachers at Impact are called, Life Changers, because we know that is who they really are. They are thoroughly trained in our Safe Place policies and practices. They spend a lot of time preparing and interacting with the curriculum and are passionate about serving this generation.

MEET THE CHILDREN AND FAMILY PASTOR

Miss Kelly has been working with the Impact Kids for a decade, but has been working with youth and children for close to three decades.

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A PLACE WHERE CHILDREN HAVE FUN

We have exciting lessons, activities, interactive stories, great games, music, and of course snacks!

MAKE AUGUST ENTERTAINING!

Summer is in full swing, and the kids are having a blast. Days full of camps, trips to the beach, cottages, visiting with friends and family.... it's a LOT! But come August, a lot of us parents are juggling work while trying to keep the kids entertained, so we've come up with a few ideas to help.



RAINY DAY ACTIVITIES: Puzzles and games are always great, but what about something new?

Soapstone Carving Kits may be one of our favourites for the older kids (or closely supervised younger ones) but is SO much fun for the whole family. Carve your very own bear, wolf, eagle, even a cat! Parents, you'll want to make a sculpture of your own - honest!

PAINT YOUR OWN ROCK PETS: Yes, you can collect stones from the yard, but these kits come with the cutest shaped rocks, like dragonflies and lady bugs, as well as paint (and they make a great gift).

EXPLORE YOUR OWN BACKYARD: There are so many interesting things right in our own backyard. Sometimes we just need something to spark new ideas.

National Geographic's *Get Outside Guide* and *Let Your Kids Go Wild Outside* by Fiona

Bird are great examples of books chock full of ideas for games, crafts and activities kids can easily do on their own, while *Wild Projects for Families* is a beautiful book for the whole family to enjoy in nature.

FOR WHEN YOU CALL FOR BACKUP: *Camp Granny* by Sharon Lovejoy is a sweet book full of ideas for kids and grandparents (or any loved one, really).

There are so many great ways to keep the kids entertained, while teaching them something educational. Featherfields' Wortley Village location has an entire section dedicated to kids and learning about nature. From books to games, binoculars to bug collecting kits, there's something to pique every little one's interest! Plus, we are excited to announce kids' classes starting in September at our Wortley location as well. 🐣

Ashley Satchell, owner, Featherfields



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THE NEED TO UGLY CRY

We've had a bit of an unusual summer; it seems like a last-ditch effort to squeeze as many memories in as possible. You see, my daughter is moving out at the ripe age of 12 years old to attend a boarding school. Not because she's a pain in my buttocks, or I don't have time for her, but because she has dreams. And as much as I want to have my girl home every night to share each other's day and tuck her safely into her own bed, I can't hold her back from her dreams. This school will provide opportunities that will carry her through life, and hopefully, she will create lifelong friendships with new people and different perspectives.

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.

But you know what I'm not going to miss? Her inability to put garbage in the trash. The constant reminders to do her chores. The fighting about prioritizing personal hygiene over a screen. The constant hunt through the bowels of her room for the missing remote (which upends half of the house's cutlery, eight mismatched socks that I cussed out the laundry machines for, a Tupperware with

questionable contents as I have a weak gag reflex, and the pièce de résistance - my favourite sneakers which I thought I lost on a drunken girls road trip). And least of all, I am not going to miss the rolling eyes, blank stares, hugs, conversations and cuddles. Oh, who am I kidding, I'm going to miss it all!

I wasn't prepared for this to happen this early. I thought I had another six years or so before I had to deal with an empty nest. I think I've done what I can do to prepare her. But they told me it would be more difficult for me long-term than for her. They say the initial shock is the worst in the first two weeks, so I've stacked up my weeks with lots of "activities" that are easy-outs in case I need to ugly cry. 





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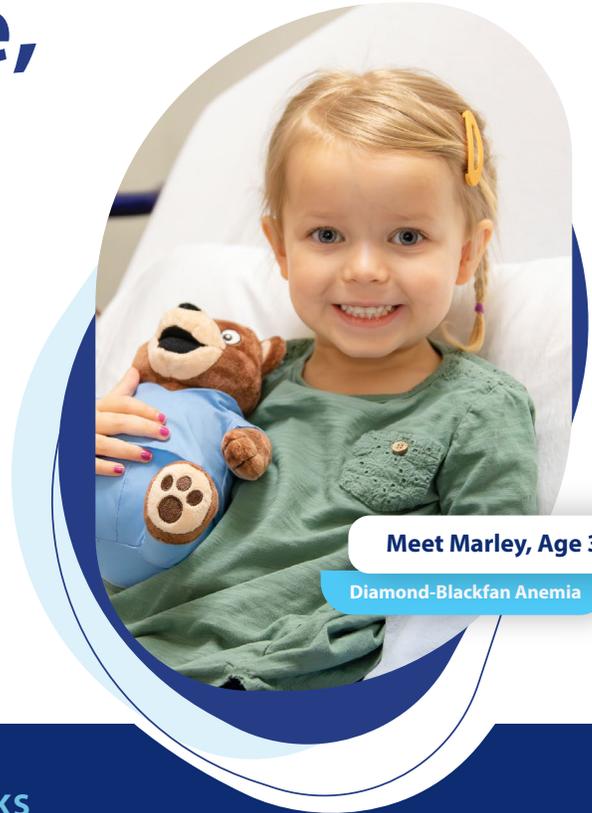
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BACK TO SCHOOL

It's that time of year again - the last month of the summer and time to get your children ready to go back to school! Back-to-school season may be painful for some students, but it does not need to involve achy and painful feet.

Flip-flops are the summer footwear of choice for many students. They are inexpensive and stylish. However, they do not cushion or support the foot, often leading to pain and biomechanical issues. Heel pain and arch pain rank among the most common complaints among students who wear flip-flops all summer. Other flip-flop foot problems students can take back to school include inflammation of the Achilles tendon, painful pinched nerves, sprained ankles, broken or sprained toes and bones of the feet, cuts, scrapes,

plantar warts, athlete's foot and callus buildup on the heels and toes.

Custom foot orthotics are shoe inserts that are fabricated by a certified orthotist for the individual's needs to correct certain ailments. They reduce stress and strain on body tissues by ensuring proper biomechanical alignment, reducing the impact of forces that occur during the gait cycle. When used in conjunction with appropriate and supportive footwear, a foot orthotic can be effective in helping to treat a number of foot and lower limb conditions. By reducing or eliminating your students' foot pain with simple treatment methods, including stretching exercises, ice massage, anti-inflammatory medications or custom inserts, your child will be ready for heading back to school.

ADDITIONAL SUGGESTIONS FOR PROPER FOOT CARE:

- Inspect your child's shoes. Assess for worn down treads, stressed seams, bulging sides or bent upward toe boxes.
- Purchase quality shoes with good arch support, buckles or Velcro straps.
- Ensure children wear shoes that fit properly, not too tight or too big. Remember to have one finger's breadth beyond the end of the toe.
- Check your child's feet for pain, cuts, redness, swelling, etc. before and after they wear their new school shoes.

We are here to help with your child's back to school needs. Contact us for a complimentary assessment. You can reach us via phone, email or social media. 

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SAVE YOUR COUCH WITH THESE FELINE-FRIENDLY TIPS!

Popsicle stains, jumped-on cushions and shredded corners. With kids and cats in the same house, our poor furniture often takes a beating! It's easy to feel frustrated at this destruction. But let's remember, just like child's play, scratching is a natural and normal behavior for cats that we should encourage, not discourage.

That being said, if you're tired of sacrificing furniture to your kitty's "murder mittens", here are some tips to redirect their scratching habits to a more appropriate outlet:

1 REDUCE TEMPTATION: CLEAN AND PROTECT

When your cat scratches your favourite chair, they leave behind pheromones that encourage future scratching. Clean those areas thoroughly and cover them with a less appealing material, like cat scratch protectors, to discourage their return.

2 NO SQUIRTING, HITTING OR YELLING

Physical punishment is never the answer and can damage the bond between you and your cat. Also resist the urge to yell, as it may inadvertently reinforce the unwanted behavior by giving them attention.

3 REDIRECT WITH PATIENCE

Gently and calmly redirect your cat to a proper scratching post. Remember that you're helping your cat break an old habit

and form a new one, so be patient with their progress.

4 REINFORCE GOOD BEHAVIOR

Reward your cat each time they use their new scratching spot. Make it even more enticing by using catnip, silvervine or pheromone sprays that invite exploration.

5 CHOOSE WISELY

When selecting or building a scratching area, think like a cat! Provide multiple options, especially in a multi-cat household. Experiment with horizontal, vertical, and multi-level options as well as different textures like sisal, wood and cardboard to find what your cat loves.

6 BIGGER IS BETTER

Ensure the scratching post provides at least three feet of stretching space and is securely anchored. If it topples or scares your cat, they're unlikely to return to it.

7 GOING FORWARD

Regular nail trims are beneficial for your cat's paws, your furniture, and extending the lifespan of their scratching post! Promptly replace worn-out or damaged materials as they can pose hazards if ingested.

Remember, to a child, a couch is a wonderland of imagination waiting to be explored. Similarly, for a cat, it's an opportunity to engage in normal feline behavior. By understanding and redirecting these instincts to a more appropriate outlet, we can create a harmonious environment where everyone feels at home. 🐾



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



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