

A FREE
MAGAZINE

THE MOM & CAREGIVER™

JULY 2024
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www.themomandcaregiver.com

**ROLLIN',
INTO
Summer!**

IT'S A SCORCHER!..... **06**

DON'T GET BUGGED!..... **07**

YOU ONLY GET 18 SUMMERS **08**

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PREGNANCY - BABY - TODDLER



PRESCHOOL - SCHOOL AGE - FAMILY

Summer Vibes

KEEPING KIDS ACTIVE WITH DANCE-INSPIRED FUN

Summer break is in full swing, and keeping kids active can be a delightful challenge. Here are some dance-inspired ideas to keep your children engaged and moving throughout the long days and weekends of summer.

1. Dance Picnics: Combine the joy of dancing with a picnic in the park. Pack a lunch, bring a portable speaker, and encourage your children to show off their dance moves in the fresh air.

2. Themed Dance Days: Organize themed dance days at home. Whether it's Bollywood, Ballet, or Hip Hop, each day can be a new adventure in movement. Dress up to make it more fun and immersive!

3. Family Dance Challenges: Create a weekly family dance challenge. Learn a new dance routine together and perform it. This not only keeps everyone active but also strengthens family bonds.

4. Dance and Splash: Incorporate water activities with dance for those hot summer days. Sprinklers or a kiddie pool can turn a dance session into a refreshing escape.

5. Attend Outdoor Performances: Check local listings for outdoor dance performances or festivals. These events often offer workshops or interactive segments for kids.

6. Dance Crafts: On quieter days, engage in dance-related crafts. Make dance costumes or decorate dance shoes to spark creativity in your children.

These activities ensure your children stay active and help them explore the world of dance, making their summer both exciting and memorable.

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Dance extreme

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ON THE COVER

These French-speaking daredevils loved riding their skateboards down a small incline, amid many shouts of "Comme un avion!" ("Like an airplane!"). Older brother, *Robert*, is so expressive, and little sister, *Marguerite*, is full of spunk!

Photographer
Photostylists

One-12 Photography
Sabina Manji
Melissa Warkentin

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

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PLAY: OUR BRAIN'S FAVOURITE WAY OF LEARNING

Early Childhood Educators in daycares and JK/SK classrooms are asked the same question by nearly every parent who walks through their doors. “My child is just playing – shouldn’t they be learning?” Albert Einstein told us that “play is the highest form of research.” And Diane Ackerman declares that “play is our brain’s favourite way of learning.”

Play is key to children’s learning and development, and comes with a plethora of benefits. Play builds imagination and creativity, fosters cognitive growth, improves literacy, encourages independence and teamwork, promotes physical fitness, and helps emotional development. Play is the way children and young people learn about the world and themselves.

There’s no better time for play than the summer and it’s not just for kids. Follow the lead of your child and get in some good ole playtime for yourself, adults! You’ll find it’s of great benefit to your physical and mental health too.

Dance Extreme starts things off in our July issue by “Keeping Kids Active with Dance-Inspired Fun”. Have you ever heard of dance picnics or a dance and splash? Find out about these joys on page 2.

Miz Marce carries play into adulthood and we absolutely love that! Be inspired to “Live! Not Survive” by reading of her white water rafting and jungle trek adventures on page 12.

Sometimes, play turns into world-class skill. Even the biggest athletes started small. We’re getting very excited about the Olympic and Paralympic Games in July and August. Custom Orthotics gives us a preview of the “Canadian Athletes Set to Shine at the 2024 Paralympic Games” on page 21.

Jeremy McCall reminds us that we only have 18 summers with our kiddos, so why not fill them with play! His ideas for an awesome summer day are some of our local faves – cool off in the splash pad at Gibbons Park (plus play Pooh Sticks in the river – find out what this is on page 8) or take a road trip to Port Stanley (complete with a Shaw’s Ice Cream stop on the way back, of course!)

Make this summer one to remember – one that is full of play... and learning. Here’s wishing you a jubilant July!

With gratitude,

Sabrina

PUBLISHER/CHIEF EDITOR



For More Details and Events Visit

THE MOM & CAREGIVER .COM
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EVENTS

J U L Y 2 0 2 4

Happy Canada Day! **01ST**



04TH Sunfest,
Victoria Park,
www.theartofbanksy.com/london

Summer Street Market, Dundas Place,
www.london.ca/living-london/our-core-area/dundas-place **06TH**

09TH Astronaut Academy,
Cherryhill London Public Library,
www.lpl.ca

RBC Rock the Park Musical Festival,
Harris Park, **10TH**
www.rockthepark.ca

14TH Persian Summer Market,
Covent Garden Market,
www.coventmarket.com

Dabble Lab,
Beacock London Public Library, **18TH**
www.lpl.ca

19TH The Great Outdoors Comedy Festival,
Harris Park,
www.greatoutdoorscomedyfestival.com

Pawsitively Elgin Dog Festival,
Pinafore Park, **20TH**
www.pawsitivelyelgin.com

21ST Rain: A Tribute to the Beatles,
Budweiser Gardens,
www.budweisergardens.com

Island Fest,
Covent Garden Market, **26TH**
www.coventmarket.com

27TH 5K Foam Fest,
Boler Mountain,
www.the5kfoamfest.com

South Asian Cultural Festival,
Dundas Place, **28TH**
www.london.ca/living-london/our-core-area/dundas-place



Keep 'em Cool

BERRY POPS

**IT'S HOT HOT HOT,
BUT STAY COOL
WITH THESE
HOMEMADE TREATS!**

SUMMER BERRY WATERMELON ICE POPS

Blend up your favorite summer berry and watermelon with some fresh squeezed lemon juice. Add a bit of water to the blender to make the popsicles more icy than creamy, if you like. Pour into your favorite popsicle mold and freeze for 4-6 hours!

SUMMER BERRY BANANA YOGURT POPS

Mix a cup of Greek yogurt with a ripe banana, another cup of your favorite summer berry, and a couple tablespoons of honey (optional - depending on how sweet you want them). Blend together and pour into your favorite popsicle mold. Freeze for 4-6 hours.

Recipes by Jenn Giurgevich

“ Play is the highest form of research ”

- Albert Einstein

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MOM & CAREGIVER

IT'S A SCORCHER!

We await the glorious days of summer to allow us to bask in the heat of beautiful days. We have become increasingly aware of sun safety and the use of sunscreen to prevent skin cancer. However we often overlook the importance of caution in the heat. Climate change has resulted in a great number of extreme heat days.

Prolonged exposure to heat, particularly when engaged in sport, can lead to heat exhaustion and heat stroke. Heat exhaustion is associated with cool clammy skin, dizziness, fatigue, headaches, muscle cramps and

weakness. Immediate response would involve moving to a cooler place, perhaps in the shade, stopping physical activity, and drinking fluids, including sports drinks or oral rehydration liquids. If dizziness or feeling faint persists, it is important to seek medical attention immediately.

Heat stroke occurs when the humidity is elevated and we are not able to maintain our body temperature as our ability to sweat is impaired by the high humidity. The body's temperature is elevated. This can cause damaging effects to the central nervous system, leading to confusion, delirium and

decreased level of consciousness. It is important to seek medical attention immediately as appropriate cooling and hydration are required.

This summer, watch the weather for both heat warnings and for the humidex. Avoid being outdoors during heat warning times. In particular, limit times for running or sport to times when the humidity and temperature are more tolerable. Keep hydrated with a variety of fluids. If you are out on a hot day, keep sports drinks with you to get valuable electrolytes along with fluids.

Enjoy the summer but don't get scorched!!



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!



DON'T GET BUGGED!

Spending lots of time outdoors lately? Perhaps you have been learning about a variety of bugs. Most are harmless, but some insects bite and can cause pain, itchiness and disease transmission. For example, certain mosquitoes can pass on West Nile Virus, and blacklegged ticks (deer ticks) can transmit Lyme Disease. Public Health professionals monitor insects and work with municipalities and property owners to control insect populations. You can also reduce the risk for your family.

MOSQUITOES:

- Mosquitoes are most active at the beginning and end of day. Minimize your time outdoors at those times.
- Wear loose-fitting, long pants, long-sleeved shirts, shoes and socks. Tuck pant legs into your socks. Choose light colours which are less attractive to insects. Consider using mosquito netting.
- Dump standing water regularly that collects in toys, empty flowerpots or construction materials. If you leave out water for birds or pets, change it a few times a week. Mosquitoes lay their eggs in stagnant water.
- Clean up debris under trees, plants and bushes, and keep them trimmed to decrease the places where adult mosquitoes hide.
- Ensure window and door screens are in good repair.ⁱ

TICKS:

- Ticks live along trails, in long grass, and in the woods.
- After outdoor walks, check everyone for ticks, including pets. Check the groin, scalp and armpits. By putting clothes in a hot dryer for 10 minutes, all unattached ticks will die.
- Do another 'tick check' when you bathe or shower at night.
- **If you find a tick:**
 - Use tweezers and grab the tick as close to its head as possible.
 - Pull the tick upward and away from the body with steady pressure.
 - Clean the area with soap and water and wash your hands.
 - Submit your tick for identification to www.etick.ca or to the Middlesex-London Health Unit.

DID YOU KNOW? Removal within 24 hours stops Lyme disease from being transmitted.ⁱⁱ

.....
Heather Bywaters RN PHN from the
Middlesex-London Health Unit

Health Canada provides a list of which insect repellents are approved for use in Canada because they are safe and effective. Follow package directions for how often to reapply, and always avoid eyes, mouth and hands. Thoroughly wash hands and exposed skin upon returning indoors. It is not safe to use insect repellent on infants under six months. Instead protect little ones by using mosquito netting over the stroller and supervising for safety.

Want to know more? Visit www.healthunit.com/vector-borne-diseases.

ⁱ Middlesex-London Health Unit. (2024, March 11). Prevention and Personal Protection for West Nile Virus. Retrieved from www.healthunit.com/prevention-and-personal-protection

ⁱⁱ Middlesex-London Health Unit. (2024, May 7). Lyme Disease - Prevention and Personal Protection. Retrieved from www.healthunit.com/lyme-prevention-personal-protection



YOU ONLY GET 18 SUMMERS

Since finding out I was becoming a dad in late 2013, I have always been a little apprehensive. Partially due to lingering trauma from growing up in the “raised by stray dogs” and “run down to the store with this note for a pack of smokes” parenting strategies of the 1980s, and partially because being a great dad is so important.

The most effective way to manage this apprehension is to share with and learn from other dads, and to go to sleep each night knowing that you were present and engaged with your kids today. I find a lot of useful motivation and insights from following other dads on social media who share their perspectives from many different angles and backgrounds.

Tyler Todt shared on X that “we only get eighteen summers with our kids; and although the days are long, the years are short.” He’s not wrong. Wipe that single tear and go out and make 2024 the best summer of your family’s lives.

Wellness days are for more than the man cold. They’re for your mental health too. Use a few to improve it by spending time outdoors, and racking up vitamin D exposure while also making forever memories with your family. The opportunities are endless, and mostly low or no cost. Some of the most fun I’ve had with my kids has been playing in

the splash pad at Gibbons Park, and racing sticks down the river from the bridge like Winnie the Pooh and Christopher Robin always did. Road trips to Port Stanley to play in the water and stop for Shaw’s ice cream on the way back is a heck of a \$25 day.

Like Ryan Holliday states in his excellent daily email newsletter *The Daily Dad*, “all time is quality time”. We live in a beautiful city surrounded by nature and culture. Londoner Cedric Richards writes an excellent free Substack full of exploration ideas, “Southern Ontario Journal”.

Turn on the screen time-limiting apps for both yourself and your kids. Don’t forget your water bottles and sunscreen, and go have fun. No regrets.



.....
Jeremy McCall is a married father of 3, a social services case manager, and known as “The Dadfather”, being the founder and Past President of Dad Club London.



ANSWERING YOUR QUESTIONS

My favourite part of the job is when clients ask questions and engage themselves in the insurance process. It is so exciting learning about a new business venture, hearing about your new home purchase, congratulating your kids on getting their license, and being there for my clients when they need me the most.

So I thought I'd answer some of your questions today to give a synopsis of what an insurance broker is and what we do and can do for our clients.

WHAT IS A BROKER?

A broker is a licensed professional that works for YOU, the client! As a broker, we are well versed and educated in all things insurance. This means you have more expert advice, more choice, better pricing, and we are on your side in the event of a claim. We, as a broker, work with multiple insurance companies from across Ontario and Canada and therefore we work to find you the best options for coverage and pricing, and advocate on your behalf to the insurance company when needed.

HOW DOES THE PROCESS WORK?

Working with our office is simple!

- 1 Connect** - Right from the start you are partnered with a dedicated broker.
- 2 Review** - Your broker will assess and review your insurance needs.
- 3 Quote** - Your broker will source quotes and options from multiple insurance partners.
- 4 Advise** - Your broker will offer recommendations for a customized solution.
- 5 Hassle Free** - Your broker is here for you. Questions, concerns, changes? Simply call or email.

WHY USE A BROKER WHEN YOU CAN SHOP ONLINE?

Again, the answer is simple:

- We offer a wide choice of products and price comparisons from many insurance companies.
- We give advice on your specific needs and situation.
- We explain your insurance policy in terms everyone can understand.

- We support you and represent you if you ever need to make a claim.
- We are here to talk, live in person.

Insurance is not an easy thing to understand and we know that! Our team of knowledgeable and experienced brokers take pride in finding the right policies and coverage for all our customers. We are here to protect your life, auto, home, business and more!

.....
*Scott Sleightholm, CAIB, R.I.B.(Ont.),
 Vice President, Kenny Insurance Brokers*



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ENTRY #6: JUST BECAUSE YOU THINK IT, DOESN'T MAKE IT TRUE!

If you have just found my journals, I recommend you go online to themomandcaringiver.com to read entries 1 through 5. I provide powerful action steps that you can apply today if you're ready to do the work of recovery. Let's dive into July!

It's the stories that we tell ourselves, and what we make today's experiences mean (based on our past) that can put us into a dark prison. When you have a thought, are all your thoughts true? These thoughts (that I made fact and still struggle with today) about myself are:

- "You're such a loser because you can't hold a job. Your college education is a waste."
- "No one wants to be your friend because you make people uncomfortable."
- "You're embarrassing and pathetic. That's why your husband left you."

- "You're a burden to everyone because you're poor and lost. God made a mistake."
- "You're a failure to your parents, but especially your kids."
- "You have no purpose. You should end it."
- "You don't need meds. Just get it together like the rest of the world."
- "It's your fault that you can't fix yourself."
- "You might be book smart, but no one will hire a crazy person."



- "You should just give up. Your kids and parents are better off without you."
- "You have no future so stop hoping."

Anyone else relate to the thoughts that I believed about myself? The fact is that when you accept self-harming statements to be true, you live your life making decisions that line up with thoughts that are lies, and you strip yourself of any sense of belonging in the world. I used to feel like an alien. I just couldn't find any common ground with other humans. Now that I am medicated, I can control my impulses, as well as sense social cues. I finally do feel like I deserve love and compassion, and I continue to do the work because recovery is daily. If people tell you "You're too much," just tell them "Well then, find less!"

Stephanie Preston creates videos on managing bipolar disorder. She is a Social Service Worker, Health Care Aide and suffers from severe bipolar depression herself. She loves being a grandma and is Crossfit obsessed. Follow her at www.tiktok.com/@bipolaronthebrain and www.facebook.com/bipolaronthebrain.

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I'M GONNA CHANGE THE WORLD!

If I could change one thing about the world, it would be...

Adi: To end world hunger.

Lander: To help the animal hospital.

If I had \$1000 to donate, I would help...

Adi: Homeless people.

Lander: Children in the hospital.

If I could live any place on earth, I would live in.....

Adi: A cold sunny place - because we could have lots of snow ball fights!

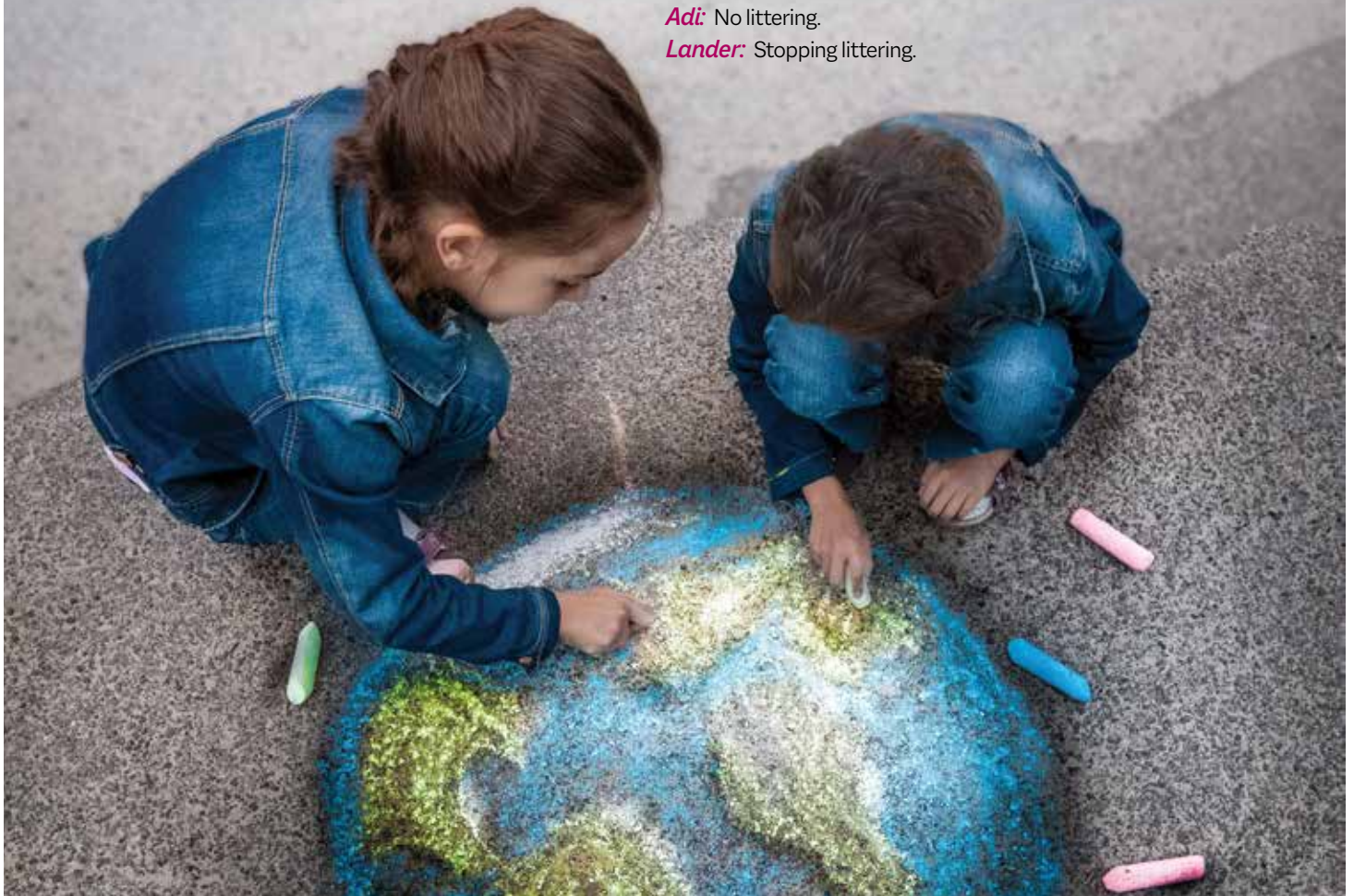
Lander: A hot place because it's sunny and has pools!

I am trying to save the earth by...

Adi: No littering.

Lander: Stopping littering.

Meet our Kid Zone writers, 11 and 7 year old siblings, **Lander and Adi!** Each month, they'll be sharing perspectives on life as a child sees it.




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LIVING! NOT SURVIVING

When you read this, I'll be far away in Costa Rica at surf school. Shortly thereafter, I'll be doing my open water scuba diving test in Playa del Coco. Madness you say!

I, however, had anticipated changes. I knew I would heal from the challenges of the past couple of years because I put on my big girl pants and did the hard, fricken' work. I knew I would hope again, and I knew unprecedented opportunities would follow, eventually.

My life is entering a new chapter, and this will be my last article. The past year has allowed me to openly express my vulnerability, healing journey, and optimism for the future. Thank you for your encouragement.

If you had told me about my upcoming solo adventure to Central America, scuba diving certification, a five-week stay in Costa Rica, canyoning waterfalls, white-water rafting, and jungle treks, I would have been astonished. It's my faith in Jesus' divine plan for my life that has enabled me to choose joy over sorrow every day.

If your year has been challenging as well, I hope my experiences show you that purpose emerges from pain. Although I have no idea where my life will go in the next couple of months, I know if I continue to love despite loss, allow growth, face my fears, and stay in my own lane, all is well.

My prayer for you is to have vulnerable conversations, forgive quickly and have the courage to live a fulfilling life. Amen.



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.....
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TIPS FOR HEALTHY SUMMER EATING

Summer's here and the calendars are full of festivities, from family BBQs, patio dinners, picnics in the park and weekends on the beach. One of the biggest challenges I hear from my clients is how they can maintain their healthy eating habits through the summer with so much going on.

Here are my top eight healthy reminders for eating during the summer months:

1 Make a Healthy Plate: Whether you're at a graduation party or a cabin retreat, aim to create a balanced plate. Include veggies and fruits (1/2 plate), protein (1/4 plate), and whole grains (1/4 plate) when you can.

2 Portion Control: Healthy eating doesn't mean depriving yourself of your favorite foods entirely. However, moderation is key. For those indulgent treats you can't resist, consider enjoying them in moderation, limiting yourself to one serving a few times a week. Did someone say ice cream?

3 Snack Smart: Be mindful of snacks like morning pastries, afternoon cookies and evening desserts, as they can contribute to calorie intake. Have fruit, low-fat Greek yogurt, a handful of nuts and/or seeds, or veggies with dip. Fruit that is in-season makes for a refreshing and healthy snack.

4 Hydrate: Proper hydration is important, especially during summer activities that lead to increased water loss through sweat. Choose zero or low-calorie beverages to avoid unnecessary calorie intake. Remember, fruit-infused or plain water remains one of the best and lowest-calorie ways to hydrate your body!

5 Read Labels: Pay close attention to the information in the nutrition facts table on packaged foods and the information on menus, noting the total calorie content of your serving.

6 Dine and Shop Smart: Even when dining out, try to stick to the healthy plate model mentioned in tip #1. When shopping for foods, choose produce that's in-season or visit your local farmer's markets.

7 Skip the Salt, Cut the Fat: When grilling, choose lean, unprocessed meats. Experiment with herbs, spices and vinegars to enhance flavor.

8 Be Wary of Fad Diets: Many diets promise unrealistic results. Before considering a fad diet, gather information, conduct research, or consult a dietitian (I can help!).

Happy, healthy summer eating!

.....
Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business.



CUSTOM SPORTS GUARDS

Teeth are tough, but sometimes not tough enough to survive intense contact. Sports guards are an easy way to protect your teeth from impact, grinding, or even from accidental injury. Guards may help prevent teeth from getting broken, chipped or knocked out.

Don't let your game time get cut short by an emergency trip to the dentist. Invest in a well-fitted sports guard today.

WHO NEEDS SPORTS GUARDS?

Anyone, children or adults. A protective guard is recommended when participating in any type of contact sport, including hockey, basketball, football, baseball, soccer, rugby or lacrosse. A good rule of thumb, if you wear protective headgear for any sport or activity, you should also wear a sport guard. Protect your head, protect your mouth.

WHAT'S THE PROCESS?

An impression or digital scan is taken of the upper jaw to create a mold specific to each person's dentition. We will use this mold to fabricate your sports guard out of durable plastic material. Taking an impression or digital scan is a quick and pain-free process, usually completed in a 10 - 20 minute visit.

WHO CAN HELP?

At Ari Pediatrics, Nicole is our Level II PDA at our office. Nicole takes each impression and personally fabricates all our unique sports guards. As a parent of three busy athletes, Nicole has personally witnessed many sports-related dental injuries. Creating mouthguards to protect against these potentially devastating injuries has become her mission.

Dr. Timucin Ari DDS, Ph.D, FRCD(C), Ari Pediatric Dentistry and Orthodontics



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Sabina Manji

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BECOMING ICONIC



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. 

"Nothing about being a woman, mom and entrepreneur restricts my vision for what is possible in my life. In fact, it has turned me into the evidence to teach and eradicate sacrificial living for women all over the world."

Early on in motherhood, Jen Szpigel left her thriving corporate career because she bought into the story that she would not be the present and exceptional mom she desired to be while also climbing the corporate ladder. She had never been exposed to a high achieving woman who was also fulfilled in her life and relationships. "It seemed like we had an impossible choice. Choose your family or choose your personal mission, but you can't choose both. Many of us actively participated in this narrative and severed ties to a part of what makes us whole. Our identity as a woman, a mom and a contributor to the world through our God-given gifts and talents became competing desires versus the ingredients to becoming the version of ourselves we deeply yearn to reveal," says Jen.

Today, as a mom of four children, a mentor to thousands of women entrepreneurs globally, a top podcast host, the CEO of a marketing agency as well as publisher of her own global magazine, she has become the example for so many that our capacity is infinite and abundance is our birthright.

She is asked all the time "How do you do it all?" The answer is simple. She loves it all. Yet she also has an executive team supporting her, a partner who is her rock, and an unwavering belief in trusting that she/we get to have it all. She buys into the "and" life and will not tolerate or entertain anything less.

"Through my own experience and witnessing so many other women live their multidimensional and multi-passionate lives, what I know to be true is that a woman who is aligned to her whole purpose and gives herself permission to see the fullness of herself is unstoppable!"



TIMBUKTU ALPACA FARM

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MIND YOUR BITS, BETTY

Separation and divorce is the severing of connection with the person you may have imagined spending a lifetime with, as your goals, dreams and lifestyles will no longer be shared. As you move forward, you will find yourself processing the release of these expectations as you learn how to become a single parent and cultivate your own independent desires.

What's tempting during this process is projecting opinions and biases upon your ex as you witness them mold and shift into their new ways of being and lifestyle. With most breakups, a range of emotionality is experienced, and our innately human instinct is to blame, judge or even condemn the other parent's choices, as this makes ourselves feel

better in those moments, because they're wrong and you're right. These emotions are valid, however if you tap into how they make your body feel, it's a much lower vibe than what you want. That inner dialogue gives us the intrinsic safety of preserving and protecting ourselves from the deep pain and personal accountability of what we need to feel and heal in our own respective process.

If you find yourself thinking about how the other parent should put the kids to bed earlier, have less screen time, not be dating yet, stop packing lunches that way, show up more to baseball practice, treat you with more respect... your time, energy and mental capacity is, quite frankly, being leaked in those moments.

These thoughts are projections that inevitably are not going to facilitate change and/or outcome in the other parent. Rather, the time you spend thinking about what they're doing could be much better spent by focusing on what you want to heal, shift, expand or learn to show up better for yourself and your children. What is it YOU need to thrive?

Next time you catch yourself judging their choices or decisions, take a moment to be very proud of witnessing this personal self-reflection, exhale a breathe to bring the attention back to your present moment, and ask yourself how you should tend to your own bits, Betty.



.....
Lyndsay Campbell is a co-parenting Mom of two boys, Branch Manager by day, and Reiki Master by night.



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Friday, July 26 4 PM - 12 AM,
Saturday, July 27 4 PM - 12 AM,
Sunday, July 28 11 AM - 8 PM

JJ's Jerk Chicken Fest

Friday, August 9 4 PM - 12 AM,
Saturday, August 10 4 PM - 12 AM,
Sunday, August 11 12 PM - 9 PM

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CANADIAN ATHLETES SET TO SHINE AT THE 2024 PARALYMPIC GAMES

Summer has arrived and that means the 2024 Paris Olympic and Paralympic games are around the corner! The Olympic Games start on July 26TH while the Paralympic Games start August 28TH.

The 2024 Paralympic Games will feature a wide array of sports, including para athletics, wheelchair basketball, swimming, para cycling, and many more. Each event will be a testament to the athletes' skill, dedication, and the innovative adaptive technologies that enable their participation. Notable advancements in prosthetics, wheelchairs and other adaptive equipment are expected to enhance performance and showcase the continuous evolution of Paralympic sports.

This year's Games introduce new sports. For the first time, para taekwondo and para badminton will be included in the Paralympic program, broadening the scope of the Games and providing new opportunities for athletes to shine on the world stage.

Canada has a storied history in the Paralympic Games, consistently ranking among the top nations in terms of medal counts and athletic performance. The country's commitment to supporting athletes with disabilities has fostered a strong Paralympic program, producing world-class competitors in various sports.

Several Canadian athletes are expected to be standout performers in Paris. Among them is Brent Lakatos, a decorated wheelchair racer with multiple Paralympic medals. Known for his speed and versatility, Lakatos competes in events ranging from the 100 meters to the marathon, and he is a strong contender for gold in Paris.

Another athlete to watch is Aurélie Rivard, a para swimmer who has already made her mark on the international stage. Rivard, a multiple gold medalist, is known for her incredible endurance and technique in the pool. Her performances in previous Games have set records, and she aims to continue

this trend in 2024.

Other names to look out for include Marissa Papaconstantinou, Cindy Ouellet, Keely Shaw, Zak Madell, Nathan Riech and Nicholas Bennett.

With their stories of perseverance, dedication and excellence, Canadian Paralympians will undoubtedly inspire audiences around the globe. So, let's rally behind Team Canada and cheer on our athletes as they strive for glory in Paris. Their performances will inspire countless individuals to pursue their dreams, regardless of the obstacles they may face. The 2024 Paralympic Games are more than just a sporting event; they are a powerful reminder of the incredible potential within each of us. Go Canada!



PARIS 2024



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TRAVELLING WITH A FURRY FAMILY MEMBER

Some of my fondest early memories were formed while camping with my childhood dog at Pinery Provincial Park. However, as a child, I was blissfully unaware of the amount of preparation that goes into travelling with kids and pets!

Here are some tips for anyone planning on braving a trip with the whole family this summer:

IF YOUR FURRY FAMILY MEMBER IS COMING WITH YOU:

While many pets are keen to try new experiences, most find travelling stressful. Pheromone products can help calm anxiety while in the car. For extra-long or stressful journeys, talk to your veterinarian in advance about a gentle sedative or anti-nausea medication. Cleaning up the vomit of a carsick animal is not a fun road trip activity!

IF YOU ARE TRAVELLING INTERNATIONALLY:

The USA recently announced that as of August 1ST, 2024, they will have new import requirements for dogs, even if you're just driving across the border to the USA.

To be safe, always contact the Canadian Food Inspection Agency well in advance of your trip to inquire about your pet's requirements for your destination country. You may require multiple vet visits over several weeks, or even months, to meet their requirements.

Travel paperwork can be intimidating, so you may wish to consider using "International Animal Lounge" to ensure that all your pet's travel documentation is prepared correctly and that your pet will be permitted entry.

IF THEY ARE STAYING HOME:

Don't forget about enrichment! Both cats and dogs need activities and human

supervision throughout the day. Although cats are more independent animals, a sudden health issue such as a urinary blockage can turn into an emergency very quickly.

If your dog or cat will be boarding, allow them to explore the environment prior to your departure. Bringing them for a fun, introductory visit for a few hours can help them form a positive association with the facility and can set your mind at ease.

IN CASE OF EMERGENCY:

Make a plan for your trip. Where will your furry family member go in a veterinary emergency? Where is the nearest 24/7 veterinary facility to your destination? Always let your primary veterinarian know in advance if you are leaving your little one in someone else's care. Also indicate who, if anyone, can make decisions about their medical care in your absence.

Ontario summers offer a playground of some of the best family activities that nature has to offer. While our children and pets may not realize the work that goes into preparing these experiences, they will certainly remember the special memories for life!



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.

Discover veterinary care that's an **adventure**, for your furry family member, not an **errand** for you.







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