

A FREE  
MAGAZINE

# THE MOM & CAREGIVER™

MARCH 2025  
VOLUME 27 ISSUE 03

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

FOLLOW US



*Gimme*  
**A BREAK!**

THE JOYS OF ROUGHHOUSING.....	<b>12</b>
TOP TIPS FOR FLYING WITH TODDLERS.....	<b>17</b>
SPLASHING INTO MARCH BREAK.....	<b>19</b>

PREGNANCY - BABY - TODDLER



PRESCHOOL - SCHOOL AGE - FAMILY

# Move Together This March Break

## FUN IDEAS TO GET YOU & YOUR CHILD MOVING

March Break is the perfect time for families to slow down, reconnect, and enjoy quality time together. One of the best ways to bond as a family is through movement—it's fun, energizing, and great for everyone's well-being. Whether staying cozy indoors or embracing the snowy outdoors, there are plenty of ways to get moving together.

### Inside Activities:

- **Dance Parties:** Clear some space, turn up the music, and let loose! Dancing is a fantastic way to stay active while having fun. Get creative with silly moves or teach each other a new routine.
- **Obstacle Courses:** Use pillows, chairs, and other household items to create a mini obstacle course. It's a great way to keep kids entertained and moving.
- **Yoga or Stretching:** Family yoga sessions can help everyone unwind and improve flexibility. Even young kids enjoy trying fun poses like "tree" or "downward dog."

### Snowy Outdoor Adventures:

- **Snowball Fights:** A classic and energetic way to burn off energy while having a blast together.
- **Build a Snowman or Fort:** Get creative with your snow-building skills and see what masterpieces your family can create.
- **Tobogganing:** Hit a nearby hill for some sledding fun. The climb back up is a great workout for everyone!
- **Snowshoeing or Winter Walks:** Explore snowy trails or your neighbourhood with snowshoes or sturdy boots. Look for animal tracks and other winter wonders.

This March Break, make movement a family tradition. Indoors or out, staying active together strengthens bonds and creates lasting memories. So bundle up, head outside, or dance it out—just keep moving!

REGISTER NOW AT DANCE EXTREME

# March Break Camp



**Dance extreme**

725 Notre Dame Dr #1, London, ON  
519.657.3262



# CONTENTS

EDITORIAL  
All Ages, All Stages

04

EVENTS CALENDAR  
March

05

AS THEY GROW  
Introducing Cups to Babies

06

WOMEN'S HEALTH  
The Change It Is A - Coming

07

DAD-ITUDE  
We All Make Mistakes

08

SUPPORT FOR PARENTS  
Am I a Helicopter Parent

09

BIPOLAR ON THE BRAIN  
Journal Entry #14

10

TOOTH BE TOLD  
The Power of Collaboration

11

OUR MENTAL HEALTH  
The Benefits of Roughhousing!

12

FOR THE JOY OF FOOD  
Meet Chef Roza

13

BIZ SHOWCASE  
*Americana Resort Spa & Waterpark*

14

NEXT STAGE  
The Importance of Exercise

15

SUPPORT FOR PARENTS  
What is Attachment Parenting?

16

MAKING MAGICAL MEMORIES  
Top Tips for Flying With Toddlers

17

SPECIAL FEATURE  
Cannabis Poisoning

19

KID ZONE  
Splashing into March Break

19

THE HOT FLASH REPORT  
Put Some Steps In Your Spring!

20

ONE STEP AT A TIME  
March is Epilepsy Awareness Month

21

FOOD FOR THOUGHT  
Balanced Nutrition for a  
Healthy Ramadan

22

## ON THE COVER

Mom declared that **Samson** "woke up on the wrong side of the bed" as they entered their photo shoot, but our photographer, Cynthia, worked her magic with songs and games to make him comfortable and get a magical shot. Thanks for the sweat and perseverance, Mom - we've all been there!

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](mailto:editor@themomandcaregiver.com).  
For sales contact [sales@themomandcaregiver.com](mailto:sales@themomandcaregiver.com)

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

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

THE  
MOM & CAREGIVER

FOLLOW US



THE MOM & CAREGIVER

# ALL AGES, ALL STAGES

It is said that you only have a newborn for one month, an infant for one year, a toddler for two years, a preschooler for two years, a child for five years, a preteen for three years, a teenager for five years, and then they're off! You'll have stages that feel like they're flying by, and stages that are slow and difficult. But no matter what age and stage you're in right now as a parent, you'll find something helpful in our March issue!

**INTRODUCING CUPS TO BABIES (page 6)** - Did you know? Health Canada and the Canadian Pediatric Society both recommend offering an open cup at about six months? Sounds messy, but very beneficial to development!

**TOP TIPS FOR FLYING WITH TODDLERS (page 17)** - Do you know what a "toddler treadmill" is? Find out why this, and snacks, snacks, snacks, will make the time between liftoff and touchdown so much better.

**MOVE TOGETHER THIS MARCH BREAK (page 2)** - If you and your school-agers are indoor March Breakers, then yoga and dance parties might be just for you! Outdoor-lovers will dig winter walks and snowball fights.

**THE JOYS AND BENEFITS OF ROUGH-HOUSING! (page 12)** - Are you looking for a way to build close bonds with your children and teach them about morality (that's way more fun and not as boring as it sounds?) Then turn to roughhousing (think pillow fights or slow motion combat)!

**BALANCED NUTRITION FOR A HEALTHY RAMADAN (page 22)** - Do you have a teenager who fasts during Ramadan? Make sure your active teen gets the energy they need during suhoor and iftar with suggestions like scrambled eggs with avocado and lentil soup with grilled chicken.

*With love,*

*Sabrina*

PUBLISHER/CHIEF EDITOR

If there's one thing we need you to remember here at The Mom & Caregiver magazine, it's that we want you to feel supported, loved and not alone through every single part of your parenting journey! If you don't find what you need here in our amazing March issue, please join our community on our socials and visit [www.themomandcaregiver.com](http://www.themomandcaregiver.com) to read wonderful past articles.



For More Details and Events Visit

THE MOM & CAREGIVER .COM  
Your Online Parenting Resource

# EVENTS

MARCH 2025

## Ramadan Kareem!

01<sup>ST</sup>

London Farm Show,  
Western Fair Agriplex,  
[www.londonfarmshow.com](http://www.londonfarmshow.com)

06<sup>TH</sup>

Spring Ahead!  
Daylight Savings Time Begins

09<sup>TH</sup>

Emilio's A Million Chameleons Puppet Show,  
Port Stanley Festival Theatre,  
[psft.ca/event/emilios-a-million-chameleons](http://psft.ca/event/emilios-a-million-chameleons)

12<sup>TH</sup>

Happy  
St. Patrick's Day!

17<sup>TH</sup>

Jelly Roll: The Beautifully Broken Great  
Northern Tour, Canada Life Place,  
[www.canadalifeplace.com](http://www.canadalifeplace.com)

23<sup>RD</sup>

Waitress,  
Grand Theatre,  
[www.grandtheatre.com](http://www.grandtheatre.com)

28<sup>TH</sup>

London Lightning vs. Sudbury Five,  
Canada Life Place,  
[www.lightningbasketball.ca](http://www.lightningbasketball.ca)

05<sup>TH</sup>

Our Lady Peace: 30<sup>TH</sup> Anniversary Tour,  
Canada Life Place,  
[www.canadalifeplace.com](http://www.canadalifeplace.com)

08<sup>TH</sup>

Extreme Dogs Show,  
Western Fair Agriplex,  
[www.londontourism.ca/events/extreme-dogs-show](http://www.londontourism.ca/events/extreme-dogs-show)

11<sup>TH</sup>

Multicultural Spring Market,  
Covent Garden Market,  
[www.coventmarket.com](http://www.coventmarket.com)

15<sup>TH</sup>

Welcome Spring!

20<sup>TH</sup>

Absolute Magic with Keith Brown  
and Friends (to benefit Family Service  
Thames Valley), Centennial Hall,  
[www.fstv.ca/about-us/keith-brown-and-friends/](http://www.fstv.ca/about-us/keith-brown-and-friends/)

22<sup>ND</sup>

## Orange Juicing

This time of year, we're all craving a little sunshine and some extra vitamin C! Orange Juicing is an activity that can be introduced to toddlers (they may require more support) and is ideal for 3- to 6-year-olds.

You will need a cutting board, a child-safe knife, a small bowl to hold the orange, a manual juicer or a garlic press, and a child-sized cup.

After your child washes their hands, invite them to cut the orange in half, and place one half in the bowl and the other half in the manual juicer ... and then twist and juice!



It may seem like a lot of work is required to get a small amount of juice, but the purpose of this activity is to develop muscle strength and control in the hand. Plus, they get to drink the freshly squeezed juice!

### A garlic press is another option.

Once the orange is cut in half, you can help your child peel and divide the orange into small pieces.



Have them place a piece into the press and squeeze over an empty bowl. They can place the pulp into another bowl and continue the process. Once they have squeezed all the sections, they will pour the juice into their cup and enjoy!

Children find joy in the steps and their ability to be independent when learning a new skill. Let them help when shopping for the oranges, setting up the activity, and, of course, cleaning up after.

“ Parenting without a sense of humour is like  
being an accountant who sucks at math. ”

- Amber Dusick

# INTRODUCING CUPS TO BABIES

There are many types of baby and toddler cups to choose from, and it can be difficult to know which cup to choose. Health Canada and the Canadian Pediatric Society both recommend offering an open cup at about six months when complementary foods are introduced.

## OPEN CUPS

The advantage of offering an open cup to a baby is that drinking from a cup teaches a new and important life-long skill. Babies learn to sip and swallow small amounts of liquid instead of drinking over longer periods of time. When drinks except water stay in baby's mouth (in contact with their gums and teeth), the risk of tooth decay increases. A small cup that's easy for baby hands to hold is preferable. You can use any small cup such as a small yogurt cup or baby cup with the lid removed.

## STRAW CUPS

Feeding specialists recommend both open cups and straw cups for infants six months plus because they promote good oral motor

skills. Both types of cups require using various muscles in the mouth, lips and jaw which strengthens muscles needed for eating and speaking. Cups with straws are a more spill-proof option and it's understandable that they are often preferred over an open cup when away from home. Many options with soft straws are available. Choose one that can easily be cleaned. Babies need time to master the skill of drinking from an open or straw cup and will need help at first. You can put a small amount (1-2 ounces or 30-60 mL) of water, expressed breastmilk or infant formula in an open or straw cup. Adults can drink from a similar cup to role model how it's done and guide the baby in using the cup.

## CUPS WITH SPOUTS

Traditional "sippy" cups are like bottles and don't show babies new drinking skills. Both bottles and "sippy" cups release fluid upon sucking. These cups do not promote more

mature drinking skills, and because the flow of liquid is continuous, there is a greater risk of causing cavities unless water is offered exclusively.

When introducing cups to an infant, be consistent. Offer the open cup or straw cup regularly during meals and snacks. There will be spills, but babies will learn with a lot of practice and a little patience!

## REFERENCES

[www.solidstarts.com/cup-drinking/](http://www.solidstarts.com/cup-drinking/)

[www.canada.ca/en/health-canada/services/infant-care/infant-nutrition.html](http://www.canada.ca/en/health-canada/services/infant-care/infant-nutrition.html)

[www.caringforkids.cps.ca/handouts/healthy-living/feeding\\_your\\_baby\\_in\\_the\\_first\\_year](http://www.caringforkids.cps.ca/handouts/healthy-living/feeding_your_baby_in_the_first_year)

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





# THE CHANGE IT IS A – COMING

**C**ervical cancer is the fourth most common cancer in women worldwide. It is more common in developing countries where there is less access to HPV vaccine and to screening with Pap smears. Most forms of cervical cancer are caused by the human papilloma virus (HPV). In recent years, the vaccine for HPV is available to girls in grade seven through the universal public health program. Women who are older and missed this opportunity can still be vaccinated by receiving a prescription for the vaccine from their health care providers. The vaccine promises to greatly decrease future rates of cervical cancer.

A Pap smear is a procedure in which a small brush is used to gently remove cells from the surface of the cervix and the area around it so they can be checked under a microscope for cervical cancer or cell changes that may lead to cervical cancer.

**The Pap smear is recommended to start at the age of 25 and be done every three years**

**until the age of 70.** Although it is uncomfortable, the Pap smear should not be painful. Many women having a Pap smear are relieved to have three years of peace of mind once it is done and normal. If there are cell changes found, they can be treated, and the risk of developing future cervical cancer is reduced.

For some time, there has been discussion regarding the use of HPV testing to replace Pap smears. If we know who is at risk, they might be able to have more frequent testing, and those who do not carry the virus might be able to have less frequent Pap smears. Finally, the change it is a – coming (with apologies to Bob Dylan).

Watch this space! In the next two months, the province of Ontario will launch HPV testing and we will be changing the way we will screen for cervical cancer. This will hopefully give us a more targeted approach to further decreasing the risk. Next month I will discuss how this will look and what you can expect when you visit your health care provider!



*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!*

**Trades You Can Trust!**

## LOCAL TO LONDON & FAMILY OWNED

Heating, Air Conditioning  
Plumbing & Renovations

**Donaldson proudly supports our local community!**

WESTMINSTER  
WORKING GROUP

FOREST EDGE  
COMMUNITY POOL

bgc  
London

Home County  
Music & Art

PHSS  
Medical & Complex Care  
in Community

Children's  
HEALTH FOUNDATION



# WE ALL MAKE MISTAKES

I typically spend 350 words a month advising you or cheering you on. It's well-deserved because every dad needs at least one wise, Gandalf-style mentor dad in their corner, imparting wisdom from their learnings gleaned when they were previously in your shoes.

If you're over 25, welcome to "team fully-developed prefrontal cortex." Now that you are capable of reasoning and higher-order thinking, it's time to come to terms with the second most important concept you need to learn as a man after putting the seat down when you finish peeing.

You're going to mess up. You already have messed up. In just about every way possible, other than becoming a dad. That was a fantastic move. Many other mistakes have come and gone, and will return.

But that's okay. You're a human being. If you didn't go viral on TikTok for your mess-up, like Gorilla Glue hair girl, then people either have no idea or will forget about your mistake.

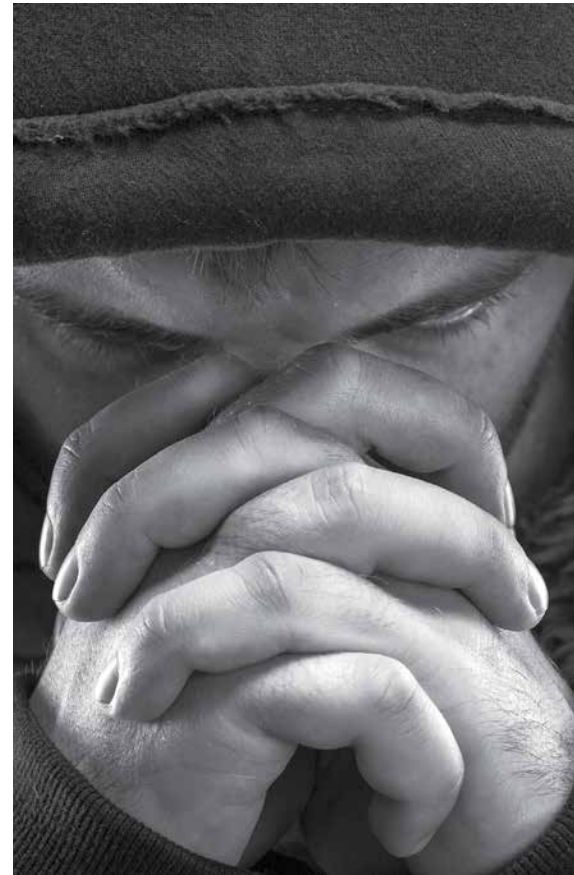
What truly matters is how you address and move on from your mistake. You're going

to forget things. You're going to lose your patience. You'll feed your kids corn dogs four days in a row because you just can't deal with one more complaint about not liking dinner. You might even forget your partner's birthday (although I don't recommend that one).

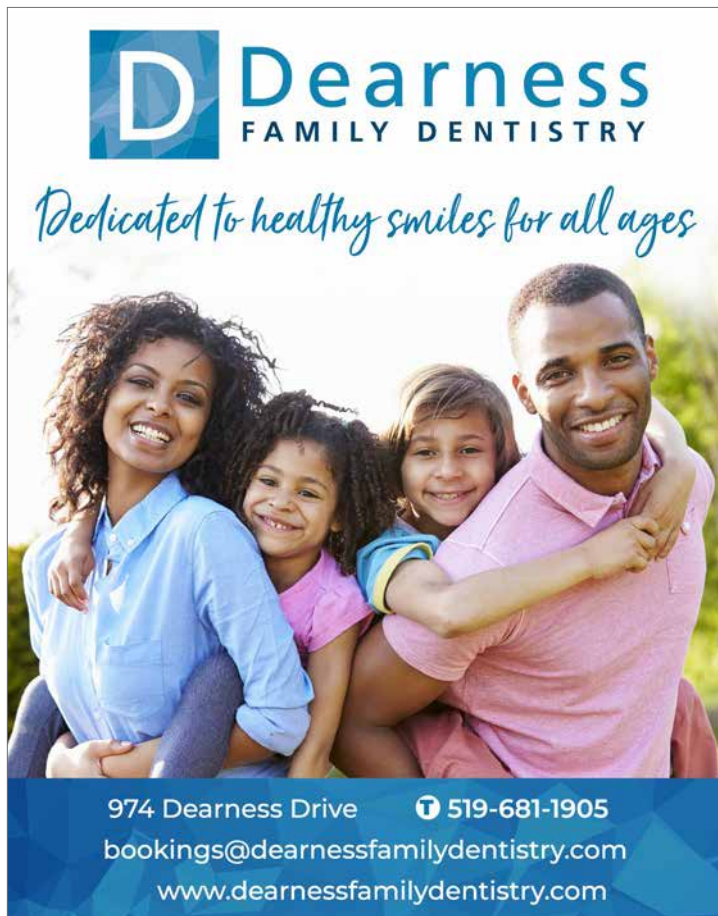
You might make a poor choice. You might forget something. You might overreact. A simple "I'm sorry" goes a long way. In 2022, Merriam-Webster named "gaslighting" the word of the year. It's probably because many people couldn't admit they messed up.

Your kids are always watching. Learning from you and everything you do. Losing your patience with them, missing their game, or forgetting the diaper bag are all things dads have done and will do again.

Ego or pride getting in the way of your humanity is the only way to make it worse. A simple "I'm sorry" will teach your kids that it is okay to make mistakes and that they will be forgiven for them. It will also show them that even their biggest hero can be a human being, too.



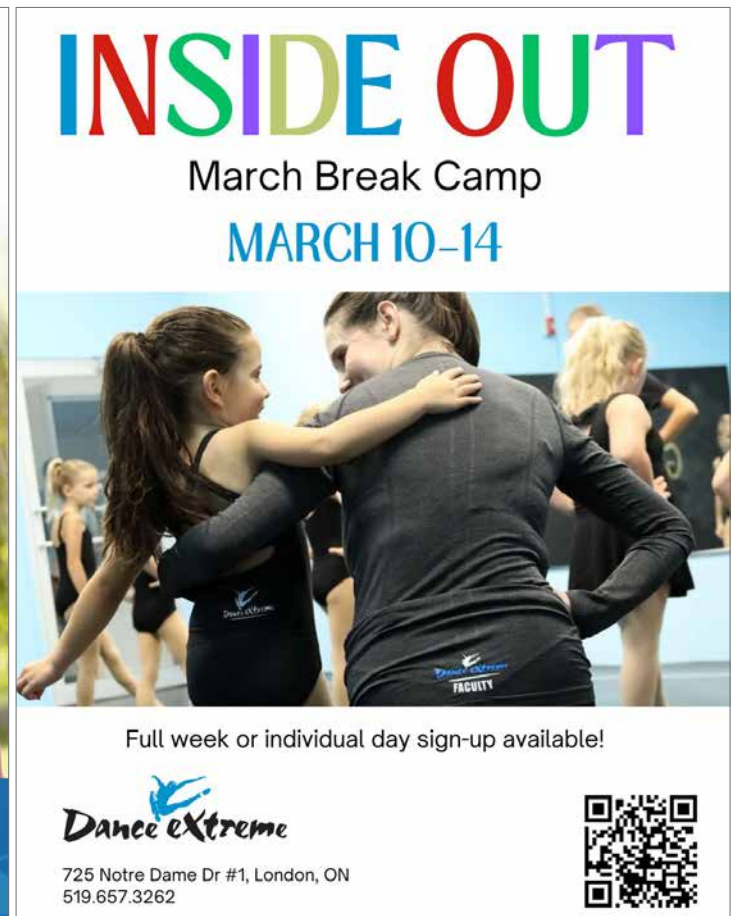
*Jeremy McCall is a married father of 3, a social service case manager, and known as "The Dadfather", being the founder and Past President of Dad Club London.*



**D** Dearness  
FAMILY DENTISTRY

*Dedicated to healthy smiles for all ages*


974 Dearness Drive | 519-681-1905  
bookings@dearnessfamilydentistry.com  
www.dearnessfamilydentistry.com



**INSIDE OUT**  
March Break Camp  
MARCH 10-14

Full week or individual day sign-up available!

**Dance extreme**  
725 Notre Dame Dr #1, London, ON  
519.657.3262







# AM I A HELICOPTER PARENT?

**H**i, I'm Heather—a mom of two and a therapist. Parenting is challenging, especially when every child is different. Supporting a child's development often feels like an art, the tricky part is figuring out how much support they really need. Am I a helicopter parent, or am I providing what my child needs?

## HELICOPTER PARENTING

Helicopter parenting happens when worry takes over. It is being overly involved in your child's life. While this approach comes from a place of love, it's often rooted in a fear of your child experiencing discomfort or stress. Kids raised this way can feel insecure and unsure of themselves, relying on others to solve problems instead of learning how to do it on their own. It can hinder their ability to build confidence and independence. This can affect everything from developing ease in building relationships, feeling competent in school and sports/agility, the confidence to seek out and overcome challenges—and it often follows them into adulthood.

## ROOM TO GROW

It's important for kids to face challenges, make mistakes, and learn to make decisions. When children are given the space to experience struggles and work through challenges on their own, they build more independence and self-confidence. They learn to trust their abilities and feel more self-assured to learn and grow.

## BALANCING STRUGGLE AND SUPPORT

Providing opportunities for struggle with emotional support is an art and it can be useful to have professional feedback.

## WHEN TO REACH OUT FOR SUPPORT:

- You feel anxious and avoid your child struggling with a challenge on their own
- Increasing your child's independence makes you feel anxious
- Your child struggles with anxiety

- You'd like feedback about ways to support your child's emotional growth

Parenting is a journey, and every child has different needs. The goal is to strike a balance between support and letting them struggle or take on challenges. You love your child and want the best for them. Remember—it's okay for adults to ask for support with parenting as well as your own needs too!

*Heather Norrie BA, BSW, MSW, RSW, Social Worker/Therapist, Key Counselling Services*



## More Confidence With Less Padding.

Embrace Their Independence With Ease



Key Counselling Services

# ENTRY #14: SOMETIMES WE PRAY AND WALK AWAY

March 1<sup>ST</sup>, 2025 is my 50<sup>TH</sup> birthday. Ever since my recent month long stay in hospital, I find myself being mindful of whom I spend my time with and how I spend it. Mom is 72 now. My kids are all in their mid-20s and our granddaughter is already three years old. We own a Wendy's restaurant where I work a few hours a week and my husband is busy as the mayor of St. Thomas. I have been reflecting on my marriage because my husband is older than me. I don't want to take one second for granted where I could have kissed him goodbye, told him I loved him, or went to dinner with him. If I live to be 100 years old (my grandma is 95), the clock is ticking.

Today's journal is cheeky, but it's meant to make you think. It's so freeing to understand that it's OK to let people make their own mistakes because there is no growth

without failure. Here is a short quiz - please answer honestly!

- 1 Do you know deep down that the people you're "helping" aren't going to change, but you keep engaging?
- 2 Do you know the difference between supporting someone and enabling a person?
- 3 Do you know the difference between helping and enabling other people?
- 4 Do you feel guilty saying no to others even though you're exhausted?
- 5 Do you take time for yourself to do hobbies and/or things you enjoy to recharge?
- 6 Do you take care of your physical health?

7 Do you let your phone go to voicemail when you need a break?

There are no wrong answers to this quiz. For fun and self-reflection, what were your answers? Did you have any AHA moments? Next month we will explore these questions, but I will be asking you how, what, and when you're treating yourself with more love and self-care. I leave you with this. You're not someone's oxygen tank. They can breathe just fine on their own.



*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](https://www.tiktok.com/@bipolaronthebrain) and [www.facebook.com/bipolaronthebrain](https://www.facebook.com/bipolaronthebrain).*

## IT'S TIME TO REGISTER YOUR CHILD!

🔍 Visit a school near me

Full French-language education

More than French immersion

High-level bilingualism

Best French-language staff

Search

Register

### OUR FRENCH CATHOLIC SCHOOLS:

<p><b>Frère-André</b> 400 Base Line Road West London 519-471-6680</p>	<p><b>Saint-Jean-de-Brébeuf</b> 270 Chelton Road London 519-963-1219</p>
<p><b>Sainte-Jeanne-d'Arc</b> 35 Fallons Lane London 519-457-3141</p>	<p><b>Sainte-Marguerite-Bourgeoys</b> 700 Bristol Street Woodstock 519-539-2911</p>

Book your visit now!

# THE POWER OF COLLABORATION

While many parents are familiar with a “tongue tie”, not all cases require a frenectomy or a frenulum release. Working with a team of professionals, including pediatric dentists, doulas, lactation consultants, myofunctional therapists, chiropractors, and speech and language pathologists, is crucial to making an informed decision based on the baby’s unique needs.

**PEDIATRIC DENTISTS**, Dr. Ari and Dr. Proia, play a vital role in identifying and assessing tongue ties. However, not all tongue ties cause functional concerns. Some babies may have a tongue tie without any feeding or speech issues, while others experience latch difficulties, painful breastfeeding or potential speech delays. A thorough evaluation by a pediatric dentist, considering feeding patterns and oral development, helps determine if a frenectomy is necessary.

**DOULAS**, trained to support parents during childbirth and postpartum, offer invaluable emotional support, including when it comes to feeding challenges. Doulas provide

reassurance and system navigation, and can help families explore non-invasive approaches to feeding, such as optimal latch techniques or alternative feeding positions.

**LACTATION CONSULTANTS** specialize in breastfeeding challenges, including those related to tongue ties. Not every tongue tie disrupts feeding; a lactation consultant can assess whether it is the root cause of issues. If the tongue tie significantly affects breastfeeding, they collaborate with the pediatric dentist to determine if a frenectomy would be beneficial.

**MYOFUNCTIONAL THERAPISTS** help improve oral and facial muscle function. Post-frenectomy therapy is often recommended to ensure the baby’s tongue and mouth muscles function correctly. If surgery is not necessary, myofunctional therapy can support proper tongue and oral development.

**CHIROPRACTORS** optimize nerve and muscle function. Sometimes, feeding

challenges stem from misalignments in the baby’s neck, jaw or spine rather than the frenulum itself. Chiropractic adjustments can improve latch and mobility without surgical intervention.

**SPEECH AND LANGUAGE PATHOLOGISTS** primarily work with older children on speech delays and difficulties, but can also monitor early oral development. While tongue ties can contribute to speech issues, not all cases lead to problems. An SLP can help determine if intervention is necessary.

A collaborative approach is key to determining whether a frenectomy is the right choice for a baby. Consulting with a multidisciplinary team ensures families make the best decision for their child’s health and development. For more insights into our holistic approach, follow us on Instagram and Facebook. Stay updated on our upcoming New Parent Drop-In sessions hosted at Ari Pediatric Dentistry.

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

## SMILE! YOUR CHILD IS IN GOOD HANDS



**ARI PEDIATRIC  
DENTISTRY & ORTHODONTICS**  
[www.pediatricdentistry.ca](http://www.pediatricdentistry.ca)

577 OXFORD ST  
TEL 519-679-6822  
LONDON

389 HYDE PARK RD.  
519-679-9860  
LONDON

215 FANSHAWE PK. RD. W.  
226-663-8748  
LONDON

1323 EXMOUTH ST.  
519-679-9860  
SARNIA

# THE JOYS AND BENEFITS OF ROUGHHOUSING!

When I was little, my dad would frequently turn all the lights out in the house, take out his false teeth and chase us around our house until we ended up in our rooms with a pillow fight. We would scream and laugh and it always resulted in us losing time and wanting more. This is a type of roughhousing, which is defined as physical, spontaneous, and resulting in happiness and joy for all involved. Pillow fights, wild dance parties, doing an obstacle course, slow motion combat and socks-off games are all type of roughhousing. There are so many benefits to this type of play for the whole family:

- 1 Less screen time
- 2 Physical activity inside or outside
- 3 Interactive time which builds close relations between parents and kids
- 4 Helps kids with their morality such as taking turns, tuning into the feelings of



others, recognizing our impact on others and understanding consequences and discipline

5 Kids practice the impact and consequences of their actions, such

as minor injuries, which tend to occur with roughhousing

6 When we allow our children to beat us in roughhousing like obstacle courses, we teach them that bigger and stronger people can hold back for those that are smaller and weaker - this is a skill we want our children to learn so they do not "bully" smaller and/or weaker children

7 Risk is an ongoing process of re-evaluation of capacity and safety - when our children own their risk and play, it creates conditions for safety (roughhousing teaches kids how to be safe instead of relying on us to ensure safety)

8 *It's free!*

In a world when we do not have a lot of time to truly connect as a family, consider having a short pillow fight or wrestle together. There are a lot of wins when it comes to roughhousing as a family.

*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.*

## TIMBUKTU ALPACA FARM

### *Adopt an Alpaca!*

Looking for a rewarding and fun experience?  
Have you always wanted your own Alpaca but don't have the space?  
... need the perfect gift for that person who is hard to buy for?  
Adopt An Alpaca at our Farm!  
You can Adopt one of our Alpacas for a year!

### *Farm Visits- Animal Therapy*

Come experience the beauty of farm life with our Farm Visit service. During our Interactive Animal Therapy, you will be surrounded by alpacas, horses, MoMA cow, cats, and Taco our bunny, perfect for animal lovers of any age. You can feed, groom, hug and learn about the daily lives of our animals. The session is private and can accommodate groups of all sizes.

[www.timbuktufarm.com](http://www.timbuktufarm.com)  
Email: [info@timbuktufarm.com](mailto:info@timbuktufarm.com)



Timbuktu Alpaca Farm

2211 Egremont Drive

Strathroy, Ontario

N7G 3H6

# MEET CHEF ROZA

**R**oza Phox is a powerhouse in the culinary world—a chef, healer and curator of unforgettable food experiences. With over two decades of expertise, she blends her Persian heritage with a deep understanding of food’s power to nourish, connect and heal. Her journey began in her mother’s kitchen, where she first witnessed the magic of food as an art form.

As the founder of Bae Salamati, Roza helps people reclaim their joy in eating, guiding them through food trauma with warmth and wisdom. She believes food is more than sustenance—it’s storytelling, emotion and celebration. Through her private supper club, she brings people together over beautifully crafted meals, art and deep human connection.

Roza’s impact extends beyond the dining table. She hosts transformative retreats, empowering women to heal their relationships with food in stunning, immersive environments. Whether she’s designing exclusive dining experiences, crafting Persian-inspired meals over an open flame, or shaking up the world of food and beverage, Roza is redefining what it means to eat with love and intention.

With every dish, every gathering, and every shared moment, Roza reminds the world: food is joy, food is love, and food is meant to be truly experienced.

For the JOY of food! Bae salamati!

*Roza Phox is a powerhouse in the culinary world—a chef, healer and curator of unforgettable food experiences. With over two decades of expertise, she blends her Persian heritage with a deep understanding of food’s power to nourish, connect and heal.*







**Lice Squad**  
Parent & Teacher trusted!

*Canada's leader in head lice removal products & services.*

For appointments or products go to [www.licessquad.com](http://www.licessquad.com)  
Stay tuned for current events on [www.youtube.com/@licessquad](https://www.youtube.com/@licessquad)

SERVING LONDON, WOODSTOCK, ST. THOMAS, SARNIA & SURROUNDING AREA • 519-473-4078





One-12 Photography  
[www.one12photo.ca](http://www.one12photo.ca)  
519-777-1699

# AMERICANA RESORT SPA & WATERPARK

**Niagara Falls Waterpark Getaway!**



**Splash into March Break at Niagara's Family Fun Resort!**



**200 Modern Rooms & Themed Family Suites!**



**Unlimited Waterpark Access Included!**



**On-Site Spa, Arcade & Dining Options!**



**Niagara Falls, CANADA**  
1-866-707-0030  
[www.AmericanaNiagara.com](http://www.AmericanaNiagara.com)

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.

Why wait for summer to plan a getaway? Spring is the perfect time to get the family together and make some memories at the Americana Resort Spa & Waterpark in Niagara Falls.

Located just minutes from the brink of the Falls, this family owned and operated resort features 300 000 square feet of wall-to-wall fun. 200 newly renovated and modern guest rooms bring the comforts of home, while large family suites provide separate spaces for adults and kids. The resort's littlest travellers love staying in the Pirate and Mermaid themed bunkbed rooms, while parents relax in their own bedroom just steps away.

The Americana Resort is also home to Waves Indoor Waterpark. Swim in the wave pool, slide down tube and body slides up to three-storeys high, brave the tipping bucket, splash in the toddler pool or warm up in the hot tub spas, all located under the waterpark's unique retractable glass roof. Unlimited waterpark access is included for overnight resort guests. Families can also play in the newly upgraded arcade, or enjoy the resort's outdoor playgrounds and recreation area.

After a day full of fun, relax at Senses Spa & Boutique. With the belief that self-care is for everyone, this full-service European spa features over 50 holistic, RMT and aesthetic spa treatments for the whole family. Adult travellers can slip into relaxation during a soothing massage or targeted skin-care treatment, or make some memories with a Mom & Me manicure, pedicure or facial, complete with heart-shaped sunglasses for the spa's littlest clients to take home.

The Americana Resort features three onsite dining restaurants including a breakfast restaurant, waterpark snack bar and on-site Boston Pizza, Canada's number one casual dining restaurant.

During March Break, families can enjoy character dining, special waterpark games, and nightly events and activities in the hotel lobby. Family fun and unforgettable memories are just a drive away at the Americana Conference Resort Spa & Waterpark in Niagara Falls, Canada, with great rates still available for both March Break and spring waterpark getaways.





# SCREENS

**Protect Against**

- ◆ *Insects* ◆ *Sun*
- ◆ *Rain* ◆ *Wind*
- & *add Privacy*



*Visit Our  
5,000 sq. ft.  
Showroom  
**TODAY***



**2050 Oxford Street East, London**

**519-455-2660**

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

*"The Shadiest Guys in Town"*



Strath*Craft*Awards  
ESTABLISHED 1918

## BUY DIRECT FROM OUR LONDON LOCATION

Serving Canada Nationwide

Specializing in bespoke products  
all made on-site

Do you have a logo you want  
on a pin or a medallion?  
on a Yeti or Stanley?  
on the front of an acrylic or glass award?



Canadian made with  
competitive and fair pricing

**519-686-1891**

Ask for Dave or Mike.  
Reference the Mom and Caregiver  
for a discount on your first order

✉ [info@strathcraft.com](mailto:info@strathcraft.com)

📷 [@strathcraftawards](https://www.instagram.com/strathcraftawards)



# TOP TIPS FOR FLYING WITH TODDLERS

Flying with a toddler is not exactly easy. It's not the part of my travel adventures that I look forward to the most. So if you're facing a flight coming up, here are my top tips for you:

## 1 Move until it's time to get on the plane.

Walk the moving walkways (known in my family as toddler treadmills). Visit a play place if your airport has one. Get that energy out! Once you board that plane, it's way less of an option.

## 2 Check as much luggage as possible.

This means less chaos boarding and leaves free hands to chase a toddler. Often airlines will offer to check your carry-on for free if they need extra cabin space. Of course, keep your essentials on you.

3 Snacks, snacks, snacks...did I mention snacks? Pack more than you think you need. Special snacks. Favourite snacks. All

of it. Just keep in mind what snacks are permitted through security/crossing borders.

## 4 Think carefully about flight times.

If it's an option to schedule our flight around nap time, we will. We used to love early morning flights to maximize time in our destination, but now, going into a travel day with a tired toddler is not the way we want to start our adventure.

5 **Bring an airplane bag.** Fill this bag with essentials but also fun! Think toys or activities they haven't seen in a while or even some new items. Novelty gives them something to explore when physically exploring isn't an option while stuck in an airplane seat.

Perhaps, most importantly, remember it might not be easy...but making family travel memories is absolutely worth getting through some tricky travel days.



Jenna Mitchell is a travel advisor with Pure Magic Vacations specializing in family travel and Disney Destinations. You can connect on Instagram @puremagic.jenna or through email at [jmitchell@puremagicvacations.ca](mailto:jmitchell@puremagicvacations.ca).

## FOREST CITY COMMUNITY CHURCH

A Special Place...



For people looking to **discover or rediscover faith** in their lives.



For people seeking a growing experience of **community, purpose, and hope.**



For families wanting to give their kids a **faith foundation.**

SUNDAY SERVICE TIMES:

Central Campus | 3725 Bostwick Rd. | 9+11 am  
East Campus | 716 Classic Dr. | 9:30+11 am



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

# Don't take chances. Cannabis edibles can poison children.



Always buy cannabis from an authorized, licensed seller. The cannabis is sold in child-resistant, plain, labelled packages with lower levels of THC.



Hide it in a labelled and locked box away from regular food and drinks.



Know the symptoms. If eaten by children, cannabis edibles can cause serious harm.



Take your child to an Emergency Department or call 9-1-1.



Poison Control Help Line  
1-844-POISON-X or 1-844-764-7669

**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
www.healthunit.com



# CANNABIS POISONING AWARENESS SAVES LIVES



National Poison Prevention Week, sponsored by Parachute Canada, draws attention to the causes of poisoning and how to prevent them. The theme for Poison Prevention Week (<https://parachute.ca/en/program/poison-prevention-week/>), recognized this year from March 16 to 22, is: "Being poison aware can help you and your family prevent poisonings and react quickly if the unexpected happens."

Ingesting (eating, drinking) cannabis is the most common cause of cannabis poisoning in children. Illegal cannabis products, packaged to look like popular brands of candy, snacks and other food products, contain significantly more tetrahydrocannabinol (THC) than federal regulation allows. Any consumption of these products by children can cause serious harm.

Young children are in greater danger of cannabis poisoning because of their smaller body sizes and different metabolism. Canadian regulations limit THC in cannabis products and require products to be sold in child-resistant packaging with plain and standardized labels, reducing the appeal to children. Any edible cannabis products that have colourful, flashy packaging with catchy names are illegal under Canada's Cannabis Act, 2018 and should not be consumed.

Symptoms of cannabis poisoning range from mild to severe, can show up within 30 minutes after a product is consumed, and can last up to 12 hours.

You can reduce the risk of cannabis poisoning!

- Purchase products from authorized provincial retailers only.
- Store cannabis products in a labelled, locked box, away from food and drinks, and out of children's reach.
- Know the symptoms of cannabis poisoning in children: anxiety, confusion, sleepiness, lack of coordination, slurred speech, vomiting, slowed or difficulty breathing, seizures and unconsciousness.
- Do not use cannabis products and e-cigarettes in front of children. Children often want to do the same things their parents and caregivers do.
- Call 9-1-1 if you suspect a child has ingested cannabis or is showing symptoms of cannabis ingestion.

For more information, visit [www.healthunit.com/cannabis-edibles](http://www.healthunit.com/cannabis-edibles).



## SPLASHING INTO MARCH BREAK

**"March Madness to a normal person: An exciting sporting event.**

**March Madness to a teacher: Our classrooms every day leading up to spring break."**

Our Kid Zone kids are off and running with excitement about March Break. Here's what Adi and Lander had to say this month:

**What are you most excited for at March Break?**

We love family time during March Break.

**On March Break, would you rather go on a big trip or stay home and relax?**

Big trip!

**What's your dream March Break food?**

Pizza!!

**If you could only do one activity during ALL of March Break, what would you do?**

We would go to a water park every day of March Break.



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.

# PUT SOME STEPS IN YOUR SPRING!

March can come in like a lamb or a lion and go out as either also. It is the month of the year that spring returns and we come out of our hibernation mode. Warmer weather, longer days and more light can inspire us to get outside, move our bodies a little more and shake off the cobwebs of winter.

One of the most underrated things we can do for our mental and physical health is to walk. Now, if you are a woman who has been inundated with diet culture messages, you may have been led to believe that walking isn't exercise. I am here to tell you that this is wholly untrue.

Walking has many benefits. It can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance. It can also reduce your risk of developing heart disease, type 2 diabetes, osteoporosis and some cancers. This is really important to understand because as we reach menopause we are at higher risk for insulin resistance, heart disease, osteopenia and bone density loss.

As estrogen drops in perimenopause and post menopause, movement is key to the health of not only all of our body systems, but our joints. The reduction in estrogen causes our joints to be less lubricated and

motion is lotion for joints. Remaining mobile is imperative to our independence as we age and to our ability to continue to enjoy life. Getting walks in as part of the recommended 150 minutes of cardiovascular exercise a week can become an easily attainable goal for most of us. So put on your favourite podcast (I highly recommend The RAW Podcast!) and put some steps in your spring! Reach out to me at Make The Change Menopause Coaching if you need more ideas on midlife movement.

.....  
*Carol Peat is a woman's health advocate, Mum of three, wife to one, Nana of two and dog Mum to Piper, a golden retriever. She is passionate about you feeling your best and brave in your body.*





# MARCH IS EPILEPSY AWARENESS MONTH

In Canada, approximately 260 000 people live with epilepsy. Despite its prevalence, epilepsy remains misunderstood, and many are unsure how to respond when witnessing a seizure. This Epilepsy Awareness Month, we aim to raise awareness about drop seizures and how to respond effectively.

## WHAT ARE DROP SEIZURES?

Drop seizures, also known as atonic seizures, are a type of generalized seizure that causes sudden muscle weakness or loss of muscle tone. This can cause a person to collapse or fall without warning, leading to significant risks of injury, especially to the head, face and limbs. Knowing how to react during a seizure is crucial:

**1 Stay Calm:** Most seizures last only a few minutes and are not life-threatening.

**2 Ensure Safety:** If the person falls, clear the area of sharp or dangerous objects. Cushion their head with something soft to prevent injury.

**3 Do Not Restrain:** Avoid holding the person down or trying to stop their movements.

**4 Time the Seizure:** If it lasts more than five minutes, or the person has repeated seizures without regaining consciousness, call emergency services immediately.

**5 Stay Present:** Once the seizure ends, stay with the person until they are alert and oriented.

**Protective Devices: A Customized Approach** Protective devices, especially helmets, are essential tools for individuals who experience frequent or severe seizures. These devices can be tailored to meet specific needs:

- Custom Helmets are designed to fit an individual's head precisely, ensuring



maximum comfort and effectiveness. Helmets can be adapted to include specific protections based on an individual's seizure patterns:

- Nose Guards: For individuals prone to falling forward and breaking their nose.
- Chin Protection: To prevent chin injuries, tongue biting or broken teeth during falls.
- Full-Face Shields: For comprehensive facial protection without compromising visibility or comfort.

Other protective options include padded clothing for impact absorption, wearable sensors that alert caregivers during a seizure, and impact-absorbing mats placed in high-risk areas at home.

By understanding epilepsy, we can reduce the stigma and empower individuals with epilepsy to live safer, fuller lives. This March, share knowledge, support initiatives for seizure safety, and wear purple to show solidarity.

The Custom Orthotics team (519) 850-4721 | [office@customorthoticsoflondon.com](mailto:office@customorthoticsoflondon.com) | [@cool\\_bracing](https://www.instagram.com/cool_bracing)



## CUSTOM ORTHOTICS OF LONDON INC.

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



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

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

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

# BALANCED NUTRITION FOR A HEALTHY RAMADAN

As Ramadan begins, millions around the world observe this sacred month of fasting, reflection and community. Fasting from sunrise to sunset is a spiritual practice that requires intention...not just in faith, but also in how you fuel your body. The foods you choose during suhoor (pre-dawn meal) and iftar (breaking fast) can make a big difference in your energy levels, mood and overall well-being. I'm here to help!

### Make Suhoor a Strong Start for the Day

Skipping suhoor might be tempting, but eating a balanced, nutrient-dense meal will keep you energized throughout the day.

#### Aim for:

- Complex carbohydrates like oatmeal, whole-grain bread or quinoa for steady energy
- Healthy fats like avocados, nuts and seeds to keep you feeling full longer
- Protein like eggs, Greek yogurt or lentils to fuel your muscles and keep you feeling full longer
- Water to keep you hydrated

**Suhoor idea:** Scrambled eggs with whole wheat toast, avocado slices and a side of fresh fruit

### Break your Fast at the End of the Day with Iftar

After hours of fasting, it's important to ease into eating and replenishing nutrients. Traditionally, breaking the fast with dates and water provides a quick energy boost.

#### Follow up with:

- Lean proteins like chicken, fish or tofu to fuel your muscles and keep you feeling full longer
- Fiber-rich foods like lentils, vegetables and whole grains to help with digestion and keep you feeling full longer
- Healthy Fats like olive oil, nuts and seeds for sustained energy
- More water to help you stay hydrated

**Iftar idea:** Lentil soup, grilled chicken with roasted vegetables, and a side of hummus with whole wheat pita

### Tips for staying hydrated

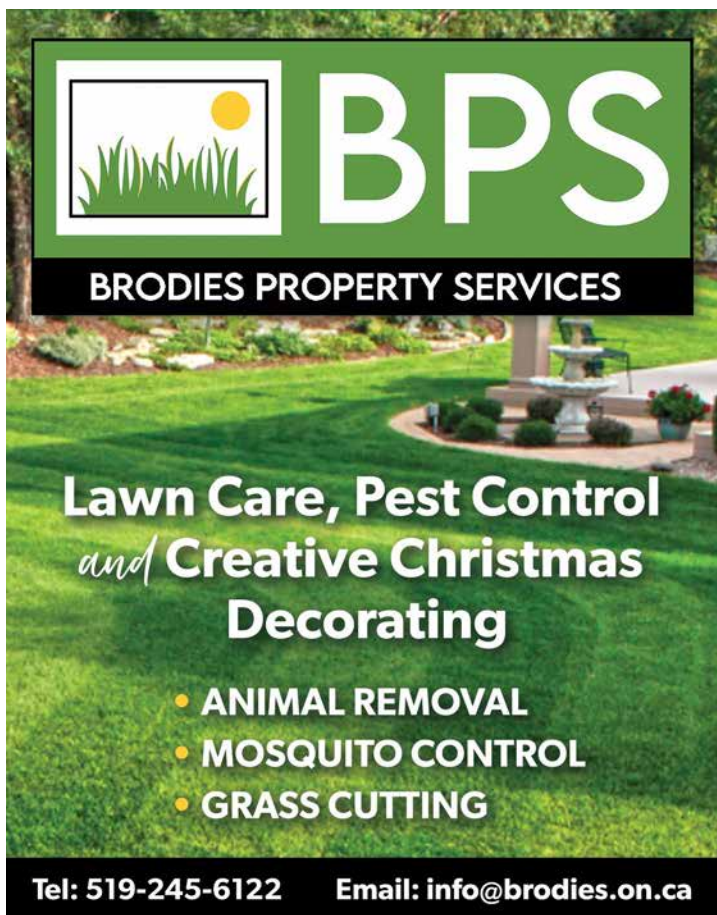
Many people forget to drink enough water during Ramadan. Try these tricks:


- Drink 3-4 glasses of water at suhoor and iftar
- Avoid caffeinated drinks like coffee and energy drinks as they can dehydrate you
- Include water-rich foods like watermelon, cucumbers and soups

Wishing you a healthy, fulfilling Ramadan filled with energy, peace, and joy!



Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit [www.sparknutritionandhealth.ca](http://www.sparknutritionandhealth.ca) for more information





# BPS

BRODIES PROPERTY SERVICES

Lawn Care, Pest Control  
*and* Creative Christmas  
Decorating

- ANIMAL REMOVAL
- MOSQUITO CONTROL
- GRASS CUTTING

Tel: 519-245-6122
Email: [info@brodies.on.ca](mailto:info@brodies.on.ca)



Earn a part-time  
Ontario College  
credential  
online on  
Mom Time.

fanshawec.ca/part-time-college



FANSHAWE

Part-time Studies



# MARCH BREAK

*at the market*

**MARCH 9TH - 16TH**

**09**  
SUN

**BRACELET MAKING WORKSHOP**  
(MAIN FLOOR NEAR MAGPIE'S COLLECTED CREATIONS)  
11AM - 3PM

**11**  
TUE

**VENTRILOQUIST YVETTE LOCKE  
AND HER PUPPET FRIENDS**  
11AM - 12PM

**12**  
WED

**FIREGUY GRAVITY SHOW**  
12PM - 1PM

**13**  
THU

**BOUNCY CASTLE & FACE PAINTING**  
11AM - 1PM

**14**  
FRI

**THE ABRAKIDABRA COMEDY MAGIC  
SHOW**  
STARRING PETER MENNIE  
1PM - 2PM

**15**  
SAT

**INDOOR FARMERS MARKET**  
9AM - 1PM

**MULTICULTURAL SPRING MARKET**  
2PM - 6PM

**GOGGIN-CARROLL IRISH DANCE  
PERFORMANCE**  
4PM - 4:15PM

**16**  
SUN

**BRACELET MAKING WORKSHOP**  
(MAIN FLOOR NEAR MAGPIE'S COLLECTED CREATIONS)  
11AM - 3PM

**MULTICULTURAL SPRING MARKET**  
11AM TO 4PM



BUILT IN CAMBRIDGE  
FOR LIFE IN LONDON

# 2025 LEXUS NX 350h

STARTING FROM \$59,769.00

PLUS HST & LIC FEES



LEXUS OF LONDON

1065 WHARNCLIFFE RDS (519) 680 1900

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