

A FREE  
MAGAZINE

# THE MOM & CAREGIVER™

APRIL 2026  
VOLUME 28 ISSUE 04

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**SIMPLY**  
*Ear-*  
**RESISTIBLE!**

**WORRYING IS USELESS..... 10**

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PREGNANCY - BABY - TODDLER



PRESCHOOL - SCHOOL AGE - FAMILY

# Dancing into Summer Bliss



## The Irresistible Allure of Dance Camp for Kids

As summer approaches, parents search for experiences that go beyond entertainment — programs that inspire creativity, build confidence, and keep kids active. Dance camp offers the perfect balance of fun and growth, creating an unforgettable summer filled with movement, music, and meaningful connection.

At dance camp, children explore a variety of styles while developing teamwork and self-expression. In a supportive and high-energy environment, they gain confidence as they master new skills and form lasting friendships with peers who share their passion.

The benefits extend far beyond the studio. Dance improves coordination, flexibility, and stamina, encouraging healthy habits from an early age. Learning choreography

also teaches focus, discipline, and perseverance — qualities that support success in school and in life.

Dance camp is also a powerful outlet for creativity. Through movement, children learn to communicate emotions, strengthening both confidence and emotional awareness. Whether they're drawn to the grace of ballet, the energy of hip-hop, or other dynamic styles, each child has the opportunity to discover and celebrate their individuality.

With a strong sense of community and collaboration woven throughout the experience, dance camp helps children grow not only as dancers, but as confident, capable individuals — making it a truly rewarding summer choice.

**REGISTER NOW AT DANCE EXTREME**

*Let's Dance!*



**Dance extreme**

725 Notre Dame Dr #1, London, ON  
519.657.3262





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## ON THE COVER

Orange you glad it's Easter? We celebrated Easter in October with great-listener, *Celine*. Our photographer, Cynthia, was so impressed with how well she took direction! Mom brought two big bags of carrots for the shoot, and was heading home to juice them!



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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)

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FOLLOW US

# HOPE, FRESHNESS AND NEW BIRTH

April has always seemed a poetic month to me. We are fully into spring, and Mother Nature starts putting on a show of colour and rebirth. Earth Day reminds us to celebrate and protect this amazing world we live in. And holidays like Passover and Easter allow us to enjoy family and friends around us, while freshness and lightness abound. I remember reading this April poem by Henry Gardiner Adams in school, and it still gives me a sense of joy as I reread it today.

*A bursting into greenness.*

*A waking as from sleep.*

*A twitter and a warble*

*That make the pulses leap.*

*A watching, as in childhood,*

*For the flowers that, one by one,*

*Open their golden petals*

*To woo the fitful sun.*

*A gust, a flash, a gurgle,*

*A wish to shout and sing.*

*As, filled with hope and gladness,*

*We hail the vernal Spring.*

Let's burst into all the hope, gladness, freshness and new birth that our

*April issue offers:*

- Find a recipe for bright and beautiful lemon bars on page 5 – they'd be a welcome addition to your Easter table!
- It's not just flowers that are newly emerging this month – it's baby teeth too! Learn how to care for them on page 6.
- The spring real estate market is typically the busiest time of the year. Find out how to buy, sell and groooooow into your next home on page 16.
- "When kids watch us repair, forgive and recommit, they don't just see a marriage. They see what partnership looks like in every season." – Read our article on page 18 to freshen up your family's ideas on love.

We wish you the warmest of Aprils (in your heart and in the weather outside!). May you slow down to notice the little miracles that pop up all around you, and enjoy time with family, friends and Mother Nature!

PUBLISHER/CHIEF EDITOR

*Sabrina*

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YEARS

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# EVENTS

APRIL 2026



PASSOVER *Begins!* **02<sup>ND</sup>**

Chicks and Charms Market,  
Covent Garden Market,  
[www.coventmarket.com](http://www.coventmarket.com) **04<sup>TH</sup>**

*Happy* EASTER! **05<sup>TH</sup>**

Art-Tech Hub (ages 11+),  
Cherryhill Library,  
[www.lpl.ca](http://www.lpl.ca) **07<sup>TH</sup>**

Rock n' Gem Show,  
RBC Place,  
[www.cangems.ca/londongemshow](http://www.cangems.ca/londongemshow) **10<sup>TH</sup>**

Make and Play,  
Masonville Library,  
[www.lpl.ca](http://www.lpl.ca) **11<sup>TH</sup>**

Stomp,  
Canada Life Placel,  
[www.canadalifeplace.com](http://www.canadalifeplace.com) **16<sup>TH</sup>**

20 Minute  
Makeover: Business,  
School or Home Clean-Up,  
[www.getinvolved.london.ca/londoncleangreen](http://www.getinvolved.london.ca/londoncleangreen) **17<sup>TH</sup>**

Nate Bargatze:  
Big Dumb Eyes World Tour,  
Canada Life Place,  
[www.canadalifeplace.com](http://www.canadalifeplace.com) **18<sup>TH</sup>**

Nature Inspired  
Open Studio, London  
Children's Museum  
[www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca) **19<sup>TH</sup>**

*Happy*  
EARTH DAY! **22<sup>ND</sup>**

Earthfest London 2026,  
Central Library  
and Citi Plaza,  
[www.earthfestlondon.ca](http://www.earthfestlondon.ca) **25<sup>TH</sup>**

Come From Away,  
Grand Theatre,  
[www.grandtheatre.com](http://www.grandtheatre.com) **28<sup>TH</sup>**

## LUSCIOUS LEMON BARS!

### INGREDIENTS:

- 1 cup (2 sticks) unsalted butter, melted
- 1/2 cup sugar
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon salt
- 2 cups + 2 Tablespoons all-purpose flour
- 2 cups sugar
- 6 Tablespoons all-purpose flour
- 6 large eggs
- 1 cup lemon juice (about 4 lemons)
- confectioners' sugar for dusting

### DIRECTIONS:

- 1 Preheat the oven to 325°F. Line the bottom and sides of a 9×11 pan with parchment paper, leaving an overhang on the sides.
- 2 Mix the melted butter, sugar, vanilla extract and salt in a medium bowl. Add the flour and stir to completely combine. Press firmly and evenly into the prepared pan. Bake 20-22 minutes or until the edges are lightly browned. Remove from oven. Using a fork, poke holes all over the top of the warm crust.
- 3 Sift the sugar and flour together in a large bowl. Whisk in the eggs, then lemon juice until completely combined.
- 4 Pour filling over warm crust. Bake the bars 22-26 minutes or until the centre is set and no longer jiggles. Remove bars from the oven and cool for 2 hours at room temperature, then stick in the refrigerator for 1-2 more hours until chilled.
- 5 Once cool, lift the parchment paper out of the pan using the overhang on the sides. Dust with confectioners' sugar and cut into squares.

*Recipe by: Charlie and Harrison Halpenny*

“ Speak to your children as if they are the wisest,  
kindest, most beautiful and magical humans on earth. ”  
For what they believe is what they will become.

Brooke Hampton

FOLLOW US:      

# LITTLE TEETH, BIG RESPONSIBILITY: WHY BABY TEETH MATTER MORE THAN YOU THINK

Many parents think of baby (primary) teeth as “placeholders” that don’t really matter because they eventually fall out. But baby teeth do much more than help kids flash a cute smile—they are essential to your child’s overall health and development. Lack of care for primary teeth can lead to problems that follow children into their teenage years and even adulthood.

## WHEN DO BABY TEETH COME IN AND HOW LONG DO THEY LAST?

Most babies start getting their first teeth around 6 months, and by age 3, they typically have all 20 baby teeth. What often comes as a surprise is that some of these teeth—especially the back molars—don’t fall out until kids are 10 to 12 years old.

That means some baby teeth need to stay healthy for a decade!

## **Baby teeth are important because they help children:**

- chew food properly
- learn to speak clearly
- develop jaw and facial bone structure
- hold space for adult teeth forming underneath

When a baby tooth is lost too early—often due to decay—neighbouring teeth can drift into the empty space, making it harder for adult teeth to come in straight. This can increase the likelihood of needing braces later.

## **BABY TEETH VS. ADULT TEETH: WHAT’S THE DIFFERENCE?**

### **Baby teeth are more vulnerable than adult teeth. Here’s why:**

- Thinner enamel: The protective outer layer is much thinner than on adult teeth. Cavities form more easily and spread faster.
- Larger nerve space: The nerve inside a baby tooth sits closer to the surface. This means decay can reach the nerve quickly, causing pain, swelling or infection.

Kids may not have the words to describe dental pain, but it can affect their sleep, appetite, behaviour and even their ability to learn. If tooth decay is left untreated, it can lead to pain, infection and abscesses, making it difficult for children to eat and sleep, while damaging the developing adult tooth underneath. In severe cases, bacteria can spread into the bloodstream, affecting vital organs.

## **HEALTHY HABITS START EARLY!**

- Start brushing as soon as the first tooth appears.
  - Schedule your child’s first dental visit around their first birthday.
  - For more tips, visit [www.healthunit.com/kidsdental](http://www.healthunit.com/kidsdental)
- These early routines build lifelong habits and help prevent problems before they start.

## **WE’RE HERE TO HELP.**

For families with lower incomes, the Middlesex-London Health Unit offers free dental screenings, cleanings and help accessing dental treatment through the Healthy Smiles Ontario program.

**Have questions or want to book an appointment? Call 519-663-5317.**

## **SOURCES**

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Submitted by *Sophya Sidhu, CDAll, BHSc, MEd* for the Middlesex-London Health Unit



# Questions about Pregnancy, Infants or Young Children?

Public Health Nurses are available for help with:

- Prenatal and postpartum support
- Infant feeding, including breastfeeding and starting solid foods
- Infant and child growth and development
- Parenting questions
- Sleep concerns
- Community resources and information



519-663-5317  
(press 5)



Scan for more information about other supportive health unit programs.



Telephone support available Monday – Friday from 8:30 am – 4:30 pm. Leave a message and a public health nurse will call you back.

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

# THE RISKS OF CANNABIS CONSUMPTION IN YOUNG PEOPLE

One of the recent controversies in caring for young people has been whether primary care practitioners should counsel young people to reduce cannabis use. It is, after all, legal at 19 years of age in Ontario. The use of cannabis in Canadian youth has increased. The 2019 Cannabis survey indicated that 44 percent of teens reported using some form of cannabis in the preceding year.

There has been a lot of attention recently to the effects of cannabis on young people. There is now a proven link between use and the development of psychosis. There is increasing dependence with use. We know use diminishes cognitive function as well as focus and executive functioning. There is a condition that is being seen in emergency rooms where young people develop severe vomiting due to cannabis use.

Even though we might recommend abstinence, a harm reduction approach might be easier to initially reduce consumption in young people.

In discussing use with the young people in your life, consider the following points:

- 1 Avoid all risk by choosing not to use.
- 2 Choose to delay starting as long as possible. Risk is greatest in developing brains.

- 3 Avoid synthetic products.
- 4 Avoid smoking—smoke is smoke.
- 5 Do not drive for six hours after use.
- 6 Do not use if pregnant.
- 7 Especially avoid use if there is a family history of psychosis.

Opening a conversation in a non-judgemental way, and providing information rather than simply stating one's own thoughts can open dialogue and keep our young people safe.

## REFERENCES

- 1 Canadian Research in Substance Matters
- 2 Canadian Family Physician 2025 update on the Greig health record.

*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!*



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

# LETTING SOMEONE INTO YOUR SAFE SPACE

I'm a single mom of two, and letting someone into my home isn't something I take lightly. When our furnace started making strange noises, I froze. It wasn't just about the repair — it was about who I was letting into our safe space.

What helped me feel at ease was the way the company handled everything before the technician even arrived. I got a text with his name, photo and arrival time. I showed my kids the photo, so it didn't feel like a stranger was coming — it felt planned.

When he arrived, he introduced himself, showed his ID and asked where I'd like him to work. He explained what he'd be doing, what he wouldn't touch and how long it would take. That respect and transparency made a world of difference.

I stayed present, asked questions and he answered every one patiently. He showed me what was working, what might need attention later and never pressured me. I realized trust isn't blind — it's built, step by step.

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**HERE'S WHAT I LEARNED:**

- *Verify the technician's ID and company credentials*
- *Expect clear communication and respect for your space*
- *Ask questions — a good professional welcomes them*
- *Never feel rushed into decisions*  
By the time he left, my home felt calm again. My kids waved goodbye,

comfortable with someone I trusted. Letting someone into your home can feel scary, but when trust is built intentionally, it doesn't have to be.

Now, when something breaks, I don't panic. I know how to protect my family, my home and my peace of mind — and I know there are professionals who understand that trust isn't optional; it's everything.



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JOURNAL ENTRY #27

# WHY WORRYING IS USELESS

What do you worry about? Is it your kids, your career, your spouse or extended family just to name a few? Imagine what freedom you could have if you lived each day without worrying? Right now, find a place to sit. Drop your shoulders and get in a relaxed seated position. I want you to imagine if you could let all your angst go and just live for today. I bet without realizing it, you just took a deep breath. The relaxed state is how we are to live. It's not in fight or flight. I will never forget going to

the ER in my 20s not knowing how severe my bipolar was. The psychiatrist on call said, "Stephanie, you live your life like a bear is always chasing you. Our bodies aren't meant to handle that level of adrenaline." I developed very painful acid reflux that I still receive treatment for today. If you don't take care of your body due to what's happened to you, your body will let you know that it's time to take care of business.

*What is the most important moment that you will ever experience?*

**Answer:** RIGHT NOW! The past is gone. You can't get it back. Also, trying to figure out what might happen in your future will drive anyone crazy. I just turned 51 years old. I come from a family of worriers. I have watched how it gave them hives to a heart attack. In my beliefs there is a Bible verse that says, "Why worry about tomorrow for today has enough troubles of its own." Instead of thinking how bad life might be, why not focus on how great it can be in the now?

What is the root of your worry? Worrying gives us a false sense of control. If I don't stay calm, I will spin mentally with all the, "What ifs?" If you have past trauma of ANY kind, seek out a good therapist who comes highly recommended to help you get free from what you have stuffed down deep inside for years.

*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).*



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# FAMILY FUN AND FOOLISHNESS

**The funniest thing that's ever happened in my family is...**

**Adi** - our National Lampoon's Christmas cards we do each year.

**Lander** - when dad tries to shoot my gel blaster but always misses the can.

**A prank I wish I could play on my parents is...**

**Adi** - put whip cream on their hand, tickle their nose and when they go to itch their nose they get whip cream on it.

**Lander** - I prank daily.

**Why do you think grownups need to play more?**

**Adi** - Adults should play more so kids can have fun with them.

**Lander** - Adults should play more because they work all day.

**Who's funnier? You or your sibling?**

**Adi** - My sibling, Lander.

**Lander** - ME!!!

Meet our Kid Zone writers, 12 and 8 year old siblings, Lander and Adi! Each month, they'll be sharing perspectives on life as a child sees it.



# TRAUMA AFFECTS OUR MENTAL HEALTH

When it comes to trauma, whether remote or current, it will impact on our mental health unless processed with the right providers at the right time, using techniques which are unique to each person. Past traumas can often cause depression, anxiety, behavioural issues such as regression (bed wetting, baby talk, extreme clinginess and tantrums), learning difficulties and emotional dysregulation.

On a pathophysiological level, trauma can disrupt the development of our brain such as negatively affecting executive functioning which is like the air traffic controller of the brain. Executive functioning is

responsible for decision making, problem solving, focus, attention and managing emotions.

Long term effects of trauma on our physical health include numerous chronic issues such as heart disease, obesity, diabetes, autoimmune disorders and addiction to various substances.

## WHAT CAN WE DO ABOUT PAST TRAUMA?

After a trauma, our children need our support and comfort more than ever.

1 Spend time with your child and do things that are relaxing or fun. Draw, play or cook with them every day, even if it's for 10 minutes.

2 Validate their feelings no matter how big or difficult to discuss. Remember tantrums post-trauma is biology so be patient.

3 Connect with your child by hugging them, holding them and provide positive affirmations of love.

4 Trauma-focused cognitive behavioral therapy is great for children post-trauma. It can include play therapy, learning activities and various types of trauma therapy such as brain spotting and EMDR.

5 Play therapy is highly effective for treating trauma in children. It allows children to process difficult emotions, memories and behaviours. Play therapy allows a child to regain a sense of safety, control and emotional regulation.

It is never too late to work on past trauma. Whether it has been a year or a decade, we can improve our physical and mental health while working through past traumas.



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.





### Donation Drive Fundraiser

**April 6 - 15, 2026**

Bring your gently used items to **Talize London!** Label your bags and boxes with **YFC** and mention **YFC** at the donation door. Your donation will directly contribute to the YFC fundraising efforts for 2026.

**Thank you Talize!**



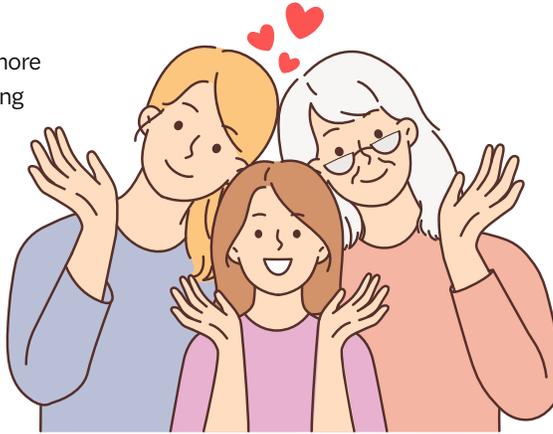


# THE QUIET POWER OF A MOTHER'S INTUITION

Mothers and caregivers are doing far more than managing schedules and meeting needs. They are holding families together energetically, emotionally and intuitively. This unseen work—often felt rather than spoken—is the quiet power of feminine energy in motherhood, and it is deeply significant.

For many women, motherhood evolves into what is known as the sandwich years—a season of life where a mother is caring for her children while also supporting aging parents or grandparents. The responsibilities expand, emotional labour deepens and decision-making becomes layered and complex. A mother often becomes the bridge between generations, carrying the wisdom of the past while nurturing the future. This role demands more than logic and planning; it requires intuition.

A mother's intuition is not accidental. It is a finely tuned inner compass shaped by love, lived experience and deep presence.



Especially during the sandwich years, intuition guides boundaries, informs care decisions and helps a woman discern where her energy is most needed. When a mother learns to trust and honor this inner knowing, alignment ripples outward—strengthening relationships, stabilizing family dynamics and creating a sense of calm within the home.

Caregivers often hold space for many: children, partners, parents, extended family and communities. In the process, they can

quietly place themselves last. Yet true success—emotionally, spiritually and practically—does not come from constant self-sacrifice. It comes from remembering oneself beneath the roles.

Self-care is not indulgence; it is preservation. Deep rest, meditation, honoring intuitive nudges, and working with natural cycles and daily rhythms help regulate the nervous system and prevent energetic depletion. When a mother is connected to her own inner compass, she leads with clarity, grounded strength and confidence.

Intuitive motherhood is tribal by nature. When women trust themselves, families feel safer, homes soften and generations benefit. In reclaiming feminine wisdom, mothers do not merely manage the demands of life—they become the steady, intuitive force that allows everyone around them to thrive.

*Mary O'Shea is a mother to two teenage boys, and is a wife, daughter and sister. She is a private facilitator and mentor, intuitive channel, holistic practitioner and holistic nurse practitioner supporting mothers and caregivers in leading with intuition, balance and embodied wisdom.*

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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. 🌟*

If you are looking to transform your house into a home that reflects your personal style, Buehler Custom Woodworking is the name you can trust. Proudly family owned and operated, Buehler Custom Woodworking brings years of expertise, passion and attention to detail to every project.

They believe the kitchen is the heart of the home. It's where families gather, conversations unfold and memories are made. Buehler Custom Woodworking specializes in creating beautifully crafted, functional kitchens designed to fit your lifestyle. From custom cabinetry tailored to maximize storage to stunning islands that become the centerpiece of your space, every kitchen is thoughtfully designed and expertly built.

Beyond the kitchen, Buehler Custom Woodworking offers custom millwork throughout the home. Whether it's elegant built-ins for your living room, or custom mudroom storage that keeps your family organized, their work enhances every corner of your space. Each piece is measured, designed and crafted to seamlessly fit your home and your vision.

Their expertise extends to commercial architectural millwork, delivering refined details that elevate interiors. They partner with businesses, designers, contractors and developers to craft high-quality, functional and visually aesthetic commercial interiors. From reception desks and boardroom cabinetry to retail displays and feature walls, every commercial project is completed with precision and durability.

Proudly Canadian made, every project reflects premium materials, skilled workmanship and local pride. Supporting Buehler Custom Woodworking means investing in Canadian craftsmanship and beautifully made products built to stand the test of time.

At Buehler Custom Woodworking, we don't just build cabinetry, we build relationships. With over 16 years of trusted service, our family is dedicated to delivering custom millwork solutions that reflect integrity, excellence and pride in every detail. When quality matters, trust Buehler Custom Woodworking - where tradition, craftsmanship, and family values come together to build the heart of your home and the foundation of your business.





# YOUR MICROBIOME

We're all familiar with the old saying "You are what you eat". Well, science is showing us that it's true!

Our bodies are home to trillions of microorganisms that make up what scientists call the **microbiome**, with the majority living in the digestive tract. Far from being harmful, many of these microbes play an essential role in maintaining health. They help break down food, produce important nutrients, regulate the immune system, and even communicate with the brain through what researchers call the **gut-brain connection**. In recent years, growing scientific evidence has shown that the balance of microbes in the gut can influence digestion, inflammation, weight, metabolism, mental wellbeing and chronic disease outcomes including cancer.

A healthy microbiome is typically diverse, meaning it contains many different types of beneficial bacteria working together. These microbes help ferment dietary fiber and create compounds that support the lining of the gut, reduce inflammation and

contribute to overall health. Diets high in processed foods and low in fibre, chronic stress, lack of sleep, environmental toxins and frequent antibiotic use can reduce microbial diversity. When this imbalance occurs, it can contribute to digestive issues, fatigue, weakened immunity and mood changes.

Microbiome testing provides a powerful way to better understand what is happening within the gut, by analyzing the types of bacteria living in the digestive system. The results reveal insights about microbial diversity, beneficial bacteria levels and how effectively the gut may be producing health-supporting compounds.

One of the greatest benefits of microbiome testing is the ability to personalize nutrition. Individuals can easily adjust their eating habits based on their unique microbial profile. Testing also helps to guide judicious use of supplements like pre- and probiotics.

At **Eir Centre**, we know that understanding the microbiome can be a powerful step toward more personalized, whole-person

health. If you have struggled with weight, digestive issues, chronic disease or want to maximize your physical and mental health, come and work with one of our amazing dietitians and feel the difference. Call us at **226-289-6644** or visit [www.eirhealing.ca](http://www.eirhealing.ca). *"Tell me what you eat, and I'll tell you who you are."* - Jean Anthelme Brillat-Savarin



*Dr. Kylea Potvin, Medical Oncologist and Founder, Eir Centre, 226-289-6644, Info@eirhealing.ca*

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# SPRING MARKET: BUYING, SELLING AND MOVING UP

Spring is traditionally the busiest season in real estate, and for good reason. Warmer weather, longer days and the desire to be settled before summer make this the perfect time for families to buy, sell or move up to their next home. But this year, the spring market is shaping up a little differently.

In many areas, we're seeing more homes come to market than is typical for the season. Increased inventory can shift the dynamic. For buyers, that often means more choice, a bit more breathing room, and in some cases, less intense bidding pressure. While well-priced homes in prime neighbourhoods can still move quickly, families may find greater opportunity to compare options and make thoughtful decisions rather than rushed ones.

For growing families, spring isn't just about square footage, it's about lifestyle.

It's about finding a home near strong schools, safe parks, welcoming faith communities and the amenities that make everyday life easier, from recreation centres to grocery stores and walking trails. The right neighbourhood can shape your child's experience, friendships and routines for years to come.

If you're buying, preparation remains key. A full mortgage pre-approval gives you clarity on budget and confidence when you find the right property. Even in a market with more inventory, the best homes still attract attention. Knowing your numbers, and having a strategy, allows you to act decisively when the right opportunity appears.

If you're selling, this environment requires smart positioning. With more listings available, pricing, presentation and timing become even more important, particularly when your purchase budget is dependent on your sale proceeds. At the

same time, increased inventory can provide you with more options for your own move.

For families looking to move up, whether that means more bedrooms, a larger yard or a home office, understanding equity, bridge financing and affordability is essential to making a seamless transition.

As a mortgage professional serving families throughout London and surrounding communities, I guide clients through more than just rates. I help you build a clear plan so your family can move forward confidently, no matter how this spring market unfolds.



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## This Spring, Don't Just Move. Move With a Plan.



### Spring brings opportunity

more listings, new neighbourhoods to explore, and the chance to move your family forward.

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# WHAT OUR KIDS LEARN FROM HOW WE LOVE

If we left it up to instinct alone, our kids would solve most conflicts the way toddlers do when someone grabs their favourite toy: swift justice, zero diplomacy. Left unchecked, they might grow up giving their allowance away in a metal briefcase to a YouTube stranger, or attempting to train the dog to fix windmills like Paw Patrol.

Thankfully, they have us. We are their first curriculum on how to treat other people. They watch how we greet neighbours. They notice if we thank the barista at Black Walnut. They absorb whether we hold doors, offer compliments or speak kindly about people who aren't in the room.

But the masterclass isn't how we treat strangers. It's how we treat our partner. We're all tired. Groceries are outrageous.

Bacon is somehow nine dollars a pound - these are clearly luxury pigs. When your partner asks for help, your tone becomes a lesson plan. Are you irritated? Dismissive? Cooperative? Kids are listening. They're learning how to respond when someone asks them to carry the load. They're also learning whether it's safe to ask for help themselves.

Home is where vulnerability should feel normal. Communication isn't just words. Volume, posture, eye contact, timing. It all speaks. A household where "I need help" is met with "what can I do?" builds emotional safety in ways lectures never could.

And then there are apologies. We all get it wrong. Some of us still believe that you can fix the world's problems in the Facebook comments section. Others

bought NFTs. Mistakes are human. I tell my kids not to apologize for honest mistakes. Acknowledge them. Learn from them. Apologize for hurt caused. Repair what you can.

I didn't grow up seeing healthy conflict. I saw anger without forgiveness. So I'm learning in real time that love is less about never clashing and more about returning to each other afterward. When kids watch us repair, forgive and recommit, they don't just see a marriage. They see what partnership looks like in every season. And that lesson will follow them far longer than anything we say.

*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.*





# THE INVISIBLE LOAD: HOW STRESS IMPACTS A WOMAN'S FACE & BODY

She remembers the appointments. The school forms. The groceries. The medications. The birthdays. The emotional temperature of everyone in the house.

## BUT WHO IS REMEMBERING HER?

For many moms and caregivers, stress isn't just mental — it becomes physical. The "invisible load" women carry daily quietly reshapes the face and body over time.

When we live in a prolonged state of stress, cortisol levels rise. Elevated cortisol accelerates collagen breakdown, the very protein responsible for skin firmness and elasticity. The result? Thinning skin, deeper lines, dullness and a face that looks more tired than it feels inside.

Stress also shows up in the jaw. Many women clench or grind their teeth unconsciously — during work, driving, even sleep. Over time, this overworks the masseter muscles, leading to jaw pain, headaches and a widened lower face.

Strategic *neuromodulator treatments* in the masseter, forehead and DAO (downturned mouth muscles) can soften tension patterns and restore facial balance — not by freezing expression, but by relieving chronic muscular strain.

For mothers, the body carries stress in deeper ways. Pregnancy, delivery and years of lifting children can weaken the pelvic floor. Add stress-related tension and hormonal shifts, and symptoms like leakage or core instability can persist. Treatments like *Emsella Chair* and *Emsculpt Neo* help strengthen pelvic floor and core muscles non-invasively, restoring confidence and control.

Stress also disrupts the skin barrier, increasing breakouts, inflammation, and pigmentation. Targeted *laser treatments* can safely address stress-induced discoloration, while *medical-grade skincare* supports collagen production and barrier repair at a cellular level.

This isn't about vanity. It's about restoration.

When we support a woman's skin, muscles and pelvic health, we're not changing who she is — we're helping her feel aligned with herself again. Caregivers deserve care. And sometimes, lightening the invisible load starts with allowing someone to care for you.



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IT'S ALL ABOUT YOU



# NOTHING GOOD HAPPENS AFTER MIDNIGHT

When I was a teenager, I had strict parents. Rules. Expectations. And a midnight curfew.

I was the only one of my friends who had to be home by midnight. And I hated it. Midnight felt embarrassingly early. Midnight meant I missed “the best part.” Midnight meant I wasn’t trusted.

One night, there was a party in our small town that my friend and I desperately wanted to attend. It was the kind of party that felt like social currency. The older brothers of another friend were throwing it. Everyone was going to be there — it was the talk of the hallways.

But of course, my parents were unimpressed with the adult supervision, or lack thereof. I was expected to be home at midnight. No exceptions. No matter how much I pleaded or compared their rules to other parents’, they were not budging.

My neighbour — same curfew, because our parents were in cahoots — had a friend sleeping over. They came home, waited for



protected me. Not because my parents didn’t trust me — but because they didn’t trust the world. I consider myself lucky. I learned through someone else’s pain.

Now, as a parent, I understand something I didn’t back then: rules aren’t about control. They’re about risk. They’re about stacking the deck in your child’s favour in a world that doesn’t always play fair.

Is every night after midnight dangerous? No. But the margin for error gets thinner. The supervision gets lighter. The judgment gets cloudier.

Now I watch my own daughter roll her eyes as we debate curfews. I see the same fire, the same certainty that she knows best. And I remind myself that sometimes loving your kid means being the least fun person in the room.

Because some lessons are better learned through stories than scars. Nothing good happens after midnight.

the house to quiet down, and then snuck back out.

Something happened that night that changed everything. My friend was sexually assaulted.

There’s no punchline here. No dramatic exaggeration. Just a harsh reality.

I remember sitting with the weight of it, realizing that the rule I resented most had

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Janet Smith is a proud mom of one daughter and a marketing professional who is grateful for her rural roots in the London area. Follow Janet’s funny and honest journey at IG & TT | @re.marketable.janet or FB | @janetsiddallsmith

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# TOE WALKING AND AUTISM

Toe walking is something many parents notice early on, often during the toddler years. While toe walking can appear in any child, it is especially common in children on the autism spectrum. For some families, it's a brief phase that resolves on its own. For others, it becomes a persistent pattern that raises questions and concerns.

Toe walking is more common in autistic children for several reasons. Many experience differences in sensory processing, muscle tone and motor planning. Walking on the toes can provide extra sensory input through the feet and ankles, which may feel regulating or comforting. Low muscle tone or coordination challenges can also make heel-to-toe walking feel more difficult or unstable. Importantly, toe walking in autism is not a behaviour problem, it is a child's way of navigating their body and environment. In younger children, especially under the age of three, toe walking can be a normal developmental phase. Many toddlers experiment with different walking



patterns as they gain strength and balance. Occasional toe walking, especially when excited or barefoot, is usually not a concern if a child can also walk with their heels down when prompted.

However, toe walking may need further attention when it becomes consistent or starts to interfere with daily life. Signs that support may be helpful include toe walking that persists beyond early childhood, tightness in the calves or ankles, frequent tripping or falling, pain, fatigue with walking or difficulty keeping up with peers.

Physiotherapists, occupational therapists

and orthotists may work together to understand why a child is toe walking and what supports would be most helpful. Orthotic devices are not about forcing a child to walk "normally." Instead, they are designed to gently support alignment, provide stability and encourage more efficient movement. For some children, orthotics help reduce strain on muscles and joints, making walking more comfortable and less tiring. For others, they provide sensory feedback that helps the body understand where it is in space. Orthotics can also help prevent long-term complications related to tight muscles or altered gait patterns.

For families navigating toe walking and autism, the goal is not perfection—it's comfort, participation and confidence. With the right support, children can move through their world in ways that feel safer and more enjoyable, one step at a time.

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# IS THE 4:30 SNACK THE MOST IMPORTANT MEAL OF THE DAY?

Have you ever picked your child up from school and immediately sensed the storm brewing? They're starving. You're tired. And dinner isn't ready.

April tends to amplify this. Sports start. Daylight stretches longer. Schedules fill up. We move from cozy winter routines into fast-paced spring evenings.

The common thread behind most 4:30 pm chaos? Hunger. Blood-sugar-crashing, patience-evaporating hunger. Here's how to prevent it.

## WHY THE AFTER-SCHOOL WINDOW MATTERS SO MUCH

Kids eat lunch early. Add recess, gym class and after-school sports, and they're running on fumes. When blood sugar drops, we see irritability, emotional outbursts, lack of focus and zero patience. Moms and caregivers too!

## THE 3-PART FORMULA FOR AFTER-SCHOOL SNACKS

To stabilize energy and mood, snacks should include:

- 1 Protein
- 2 Fibre-rich carbohydrates
- 3 Sometimes healthy fats

This combination slows digestion, supports steady blood sugar and keeps everyone satisfied until dinner.

## BALANCED SNACK IDEAS

- Apple + peanut butter
- Greek yogurt + berries
- Cheese + whole-grain crackers
- Hummus + veggies + pita
- Smoothie with milk, frozen fruit and protein
- Hard-boiled eggs + toast
- Trail mix (nuts + seeds + dried fruit)

If your child has sports, consider a slightly larger snack with more carbohydrates for performance.

The mistake many families make: We often offer a quick, carb-heavy snack like a granola bar, crackers, fruit snacks or plain toast. These digest quickly and can make the crash worse an hour later. Adding protein changes everything.

Don't forget about you! How many times have you prepped a beautiful snack for your child and not eaten anything yourself? Balanced fueling in the afternoon leads to better mood, fewer evening cravings, improved sleep and more controlled portions at dinner.

## To simplify April evenings:

- Keep 2-3 protein options ready in the fridge
- Pre-cut vegetables on Sundays
- Boil eggs in advance
- Portion nuts into small containers
- Stock yogurt weekly

## A FINAL THOUGHT

The after-school window sets the tone for the entire evening. Food isn't just fuel for growth and performance. It's fuel for mood, patience and family harmony. And sometimes, that 4:30 snack is the most important meal of the day.

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



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