

A FREE
MAGAZINE

THE MOM & CAREGIVER™

OCTOBER 2026
VOLUME 28 ISSUE 10

www.themomandcaregiver.com

FOLLOW US



- FIVE THINGS I'VE LEARNED ABOUT PARENTING! 13
- THE PRESSURE TO HAVE IT ALL 17
- RAISING KIDS WHO CAN SAY NO 22

LEANING
INTO
Autumn!

PREGNANCY - BABY - TODDLER



PRESCHOOL - SCHOOL AGE - FAMILY

Grateful for the Places Our Kids Belong

By October, the rush of back to school has started to settle. New teachers aren't quite so new, routines are becoming familiar, and we're beginning to see where our kids are finding their groove.

With Thanksgiving around the corner, we often think about the people we're grateful for. But what about the places?

The classroom where your child finally feels comfortable raising their hand. Grandma's house where they race through the door. The playground where they know exactly who they'll look for. Or the activity they can't wait to get to each week.

Having a place to belong is important for children. They need spaces outside of home where they can build friendships, connect with trusted adults, try new things, and discover more about themselves.

Extracurricular activities can provide that second community. Dance, for example, gives children

the chance to move and be creative, but it also gives them a group of people to grow alongside. They learn everyone's names. They notice when someone is away. They cheer when a friend finally masters something they've been working on. Slowly, a weekly class can become somewhere they feel known.

And if your child hasn't found their thing yet, that's okay. October isn't too late to try something new. Sometimes it takes a few tries to discover the activity, people, and environment that make a child light up.

This Thanksgiving, along with being grateful for all the people who love our children, let's celebrate the places that help them feel confident enough to be themselves.

Because every child deserves somewhere they can walk through the door and think, "I belong here."

REGISTER NOW AT DANCE EXTREME

Let's Dance!



Dance extreme

725 Notre Dame Dr #1, London, ON
519.657.3262



& CONTENTS

EDITORIAL Thank You and Boo to You!	04	RAISING CALM Five Things I've Learned About Parenting	13
EVENTS CALENDAR October 2026	05	BIZ SHOWCASE <i>Alicia Nolan Life Coaching</i>	14
AS THEY GROW National Breastfeeding Week	06	WHOLE-PERSON CARE The Transformative Power of Gratitude	15
FAMILY HEALTH Breast Cancer Awareness Month	07	MAKING MONEY MAKE CENTS Be More Like Dolly	16
OUR MENTAL HEALTH When Relaxation Skills Don't Seem to Work	08	TALK WITH JEN The Pressure to Have It All	17
COMFORT CARE Pumpkins, Pajamas & Peace of Mind!	09	FROM SURVIVING TO TRULY LIVING When Life Gets Busy	18
BIPOLAR ON THE BRAIN Journal Entry #33	10	COUNTRY GIRL, MODERN MOM Loving the One Who Runs Toward the Chaos	20
KIDZONE Fright Night: All About Halloween	10	ONE STEP AT A TIME Orthoses & Physiotherapy	21
CONFIDENCE STARTS HERE Skin Rejuvenation: What Does It Actually Mean?	11	DAD-ITUDE Raising Kids Who Can Say No	22
TMI Teenagerus Maximus	12	FOOD FOR THOUGHT Understanding Perimenopause	23

THE
MOM & CAREGIVER

FOLLOW US      

ON THE COVER

We asked **Abel** to bring a pumpkin to his photo shoot, but guess what?! They grew this beauty in their backyard! We could tell **Abel** had practiced standing on it - his balance was really impressive. When he grew tired of the photo shoot, Papa came to the rescue with cookies!



Publisher/Chief Editor
Assistant & Copy Editor
Graphic Designer
Photographer
Photostylists

Sabina Manji
Melissa Warkentin
Vlado Bali
One-12 Photography
Sabina Manji
Melissa Warkentin

"If you have any comments or suggestions, or for sales, please contact us at **519.495.7316** or at **editor@themomandcaregiver.com**.

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

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

All rights reserved. Copyright 2026 ©

THE MOM & CAREGIVER

THANK YOU AND BOO TO YOU!

October is definitely a month of celebration (and one of my favourite months of the year)! It's a time to make memories with family, enjoy a seasonal Starbucks drink, savour a slice of pumpkin pie and sneak treats from a bag of bite-sized candy!

It's an especially great month to get out and explore London and surrounding area with those you love. You'll be thankful for our Events page (page 5) – it's full of frightening fun, cute events, and everything in between! Celebrate Thanksgiving with *SOUPer Bowl* or a *Pioneer Thanksgiving Luncheon*. Take the littles to a *Halloween Library Storytime* or *Pumpkins After Dark*. And adults can catch a fright at *Dracula: A Comedy of Terrors* or *Rocky Horror Picture Show*. Can you believe you can do all of this in our own beautiful city?

You'll also want to spend your time perusing the pages of our October issue. Looking for a laugh? Check out *Observed in the Wild: Teenagerus Maximus* (page 12) for information on the habitat, diet and behaviours of the North American teenager. Or discover a kid's angle on October 31st in *Fright Night: All About Halloween* (page 10).

Looking for more serious parenting advice? Our parenting coach, Melanie Wallis, shares *Five Things I've Learned About Parenting That I Wish I Knew Earlier*. Learn why calm doesn't mean permissive on page 13.

Did you know that when your child has a meltdown, their body has just released over 34 biochemicals, hormones, cortisol, adrenaline and noradrenaline, affecting all aspects of their body and mind? Find out how to help them relax with Nurse Practitioner and certified trauma therapist, Becky Morrison on page 8.

The thing we're most thankful for this month is you – our readers and advertisers. We couldn't do it without you, and we feel honoured and supported each and every month by this community that we call home. We're wishing you and your loved ones an abundance of love this Thanksgiving, as well as a safe and thrilling Halloween for the little ones!

PUBLISHER/CHIEF EDITOR

Sabina



THE MOM & CAREGIVER .COM

Your Online Parenting Resource



EVENTS

OCTOBER 2026

Culture Walk: Haunted Histories,
Museum London,
www.museumlondon.ca

01ST

SOUPer Bowl,
The Grove,
www.growingcheffsontario.ca

08TH

Thanksgiving Luncheon,
Fanshawe Pioneer Village,
www.fanshawepioneerivillage.ca

12TH

Harvest Tea at the Museum,
Eldon House,
www.eldonhouse.ca

17TH

Pumpkins After Dark: Discount
Thursday, Storybook Gardens,
www.pumpkinsafterdark.com

22ND

Halloween Storytime,
Sherwood Forest Library,
www.lpl.ca

28TH

Happy
HALLOWEEN!

31ST

CIBC Run for the Cure,
Springbank Park,
www.support.cancer.ca

04TH

Happy
THANKSGIVING!

12TH

Gaming Room (ages 8-14),
Beacock Library,
www.lpl.ca

16TH

Dracula: A Comedy of
Terrors, Grand Theatre,
www.grandtheatre.com

20TH

London Knights vs. Sarnia
Sting, Canada Life Place,
www.canadalifeplace.com

23RD

The Rocky Horror Show,
Wolf Performance Hall,
www.mavisproductions.ca

29TH



NO BAD FOODS. JUST BETTER CHOICES.

Canadian Thanksgiving marks the start of the holiday season — and with it comes the annual anxiety around food. Let me save you the stress right now: there are no bad foods. There is only a lack of strategy.

The holiday table is not the enemy. Enjoy it. Be present. Savour every bite with the people you love. That is exactly what this time of year is for. Here's the plan:

Eat before you arrive. A protein-rich snack beforehand means you sit down satisfied — not starving. Starving leads to overdoing it before the turkey even lands on your plate.

Build your plate with intention. Fill half with vegetables, a quarter with protein, a quarter with the good stuff you only get once a year. Then enjoy every bite without guilt.

Slow down. Your brain needs twenty minutes to register fullness. Put the fork down between bites. Stay in the conversation. The food isn't going anywhere.

The holidays are meant to fill your cup — not empty it. Enjoy Thanksgiving fully and email me at coachkcope@gmail.com for my free Holiday Eating Survival Guide.

NEXT MONTH: *Staying on track through the holiday season — simple habits that carry you into the New Year.*

Kevin Cope |
Founder, The Cope Effect | @thecopeeffect

“Do it for 80-year-old you that is sitting there thinking, “I’m so glad I did that.”
unknown

FOLLOW US



MOM & CAREGIVER

NATIONAL BREASTFEEDING WEEK

Every year between October 1-7, Canada celebrates National Breastfeeding Week, a time to recognize the vital role that breastfeeding plays in giving babies the healthiest possible start in life. Human milk helps build a baby's immune system, provides optimal nutrition for growth and development, and offers important physical and mental health benefits for parents.

This year's theme, "Strengthen What Works: Breastfeeding for a Sustainable Start in Life," reminds us that breastfeeding helps build a strong foundation for lifelong health. It also benefits our communities by reducing healthcare costs and lowering our impact on the environment. The theme also highlights that breastfeeding is most successful when families are surrounded by strong, lasting support from friends and family, healthcare providers, employers and their community.

Here are some ways to build a strong circle of breastfeeding support:

- **Learn about breastfeeding during pregnancy.** Building knowledge before your

baby arrives can help you feel more prepared and confident. The Middlesex-London Health Unit (MLHU) offers a free online prenatal education program, including a module dedicated to breastfeeding.

- **Share your infant feeding goals with family and friends.** Talk about how they can support you during the early weeks. For example, loved ones can help by preparing meals or doing household chores while you focus on resting and feeding your baby.

- **Discuss your goals with your healthcare provider.** Your healthcare provider can offer quality information, answer your questions, and address breastfeeding concerns throughout your journey.

- **Connect with community supports.** MLHU offers free telephone support and in-home visits to help with breastfeeding challenges. You can also find reliable information and resources on our website at www.healthunit.com.

- **Know your rights.** In Ontario, you have the right to breastfeed your baby in any

public space at any time. You cannot be asked to cover up, to move or to stop feeding your baby. You also have the right to breastfeeding support when you return to work. Employers must accommodate breastfeeding employees by providing reasonable time and a suitable space to breastfeed or express milk at work, without requiring employees to use meal breaks or make up the time later.

For more information about breastfeeding or how you can support other breastfeeding parents, reach out to a Public Health Nurse today by phoning 519-663-5317 extension 5.

At the Middlesex-London Health Unit, we welcome people of all identities. We recognize that people use different words to describe themselves and their experiences. In this article, we use "breastfeeding" as an inclusive term to represent all human milk feeding experiences.

.....
Heidi Reynolds, BScN, RN, IBCLC,
Middlesex London Health Unit





BREAST CANCER AWARENESS MONTH - PINK RIBBONS & PUMPKINS

October is a sobering time when the light of summer turns into the somber tones of fall. It is also breast cancer awareness month and pink ribbons that have become the symbol of breast cancer abound.

Breast cancer is one of the most prevalent cancers in women. All of us know someone in our circle of acquaintances who has had breast cancer. It is most prevalent in women over the age of 50 but there has been a demographic shift, and younger women are now being diagnosed in larger numbers.

Early detection and treatment are key to increasing rates of survival. Mammography, though not perfect, remains our best tool to detect breast cancer. It is recommended to be screened every two years from the age of

40 to 74. Some forms of breast cancer are more likely to occur if there is a family history of breast cancer. Not everyone with a family history needs early screening but your primary care practitioner might refer you to genetic counselling to determine if you are a candidate for early screening.

The Ontario Breast Screening Program and Cancer Care Ontario make screening easy to access. You may receive a letter in the mail if you are due for screening. You do not need a referral from a primary care practitioner to get screened. You can self refer to a facility that does mammograms to book yours.

In recent years, mammogram reports have started to report breast density as well. Having dense breasts does not increase your risk for

cancer but makes it harder to see a cancer. More frequent screening may be needed if you have more dense breasts.

If you have questions about screening in your area, the Ontario Breast Screening Program has a toll free number open for questions. It is **1-800-668-9304**.

So tie a pink ribbon on your jack-o'-lantern this October and get screened to detect and treat early!

.....
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!



WHEN RELAXATION SKILLS DON'T SEEM TO WORK

In my practice, I am frequently asked by clients why some relaxation skills do not work for their child when they need them the most.

WRONG TIMING

Once a child is in the Fight or Flight mode, their body is reacting to a real or perceived threat. The “thinking” part of the brain, also known as the cerebral cortex, shuts down and now you cannot access or learn relaxation skills like deep breathing, hence it appears that relaxation skills do not work.

In those moments of meltdown:

- 1 Stop talking
- 2 Remain calm
- 3 Reduce sensory input
(turn down the lights,
turn off music or screens)
- 4 Ensure everyone is safe

In this moment you are trying to co-regulate your child's nervous system. Model the behavior you want your child to use: take slow deep breaths while either giving your child space if they want OR holding them if they need comfort. Once their body has fully recovered (remember a meltdown is a stress response so their body has just released over 34 biochemicals, hormones, cortisol, adrenaline and noradrenaline, affecting all aspects of their

body and mind), provide comfort, then use a low soft tone to start talking.

PRACTICE MAKES PERFECT

I remember after my last maternity leave, I thought I could walk back into the sand and play high level beach volleyball. I had played for 15 years, surely a year off wouldn't make that much difference. Nope. I got crushed. To be effective at anything, including relaxation skills, we need to practice them when we don't need them.

Incorporate relaxation skills into your daily routine, as most take less than 60 seconds to practice. Add belly breathing to the nightly routine. After a sibling quarrel, do a wall-push or stomp on the ground (releases stress hormones quicker). As parents, we need to model the behavior we want our children to adopt, thus do breathe work before bed together. Stomp on the ground with your child when they are angry or frustrated.

We are the main models for our child's behaviors, their template on navigating and processing their feelings. If our nervous system isn't regulated, then neither are our children's.

Becky Morrison is a Nurse Practitioner and certified ATTCS advanced clinical trauma therapist with a specialty in grief. She is finally, after years of infertility, a doting mother to one little boy, and fur mom of her gentle giant, Stella. She is, and always will be, a strong advocate for mental wellness at all ages.



PUMPKINS, PAJAMAS & PEACE OF MIND

It started with one pumpkin. Just one. Then somehow there were three pumpkins, a fall wreath, two mums, a sign that says “Hey Boo” and a six-foot skeleton standing on the front porch like he pays the mortgage. *Welcome to fall.*

At this time of year, we want to make our homes cozy. The sweaters come out, the candles get lit, the blankets multiply and suddenly pumpkin spice has become an entire personality. But along with the cozy comes the chaos.

Halloween costumes need to be found. School events need remembering. The Thanksgiving grocery list is getting longer, and somehow you’re the only person in the house who knows where the good serving platter is.

For many women, especially those balancing family, work and caregiving, fall can feel like a whirlwind. So before the temperature really drops, take a few minutes to give your home a little attention.

Jayden's Mechanical, (519) 273-HEAT (4328),
www.jaydensmechanical.com, @jaydensmechanical

Check your furnace filter. If it looks like it has been working overtime since spring, it probably deserves a fresh start. Take a look at your vents too. They have a strange habit of disappearing behind furniture, laundry baskets and entire collections of Halloween decorations. Then turn the furnace on and listen. A gentle hum? Wonderful. A loud bang that makes everyone in the house step back? Not quite as festive. If your furnace suddenly sounds like it has developed a personality, have someone take a look before winter arrives.

And just like that, it's Thanksgiving. The house fills with family, the kitchen becomes a war zone and at least one person asks, “Do you need any help?” while standing directly in front of the drawer you need. Take a breath. Let someone bring the dessert. Buy the pie. Wear the pajamas. Enjoy the people around you.

Then Halloween passes in approximately 11 minutes. The costumes end up in a pile,

the candy somehow disappears and that six-foot skeleton is still sitting outside judging everyone who walks past.

Because fall isn't about having a perfect home. It's about having a home that's warm, cozy, a little chaotic—and full of people you love. And if that skeleton wants to stay on the porch until Christmas? Honestly, at this point, he's family.



Jayden's COMFORT CARE[®] MAINTENANCE & PROTECTION PLAN

(519) 237-HEAT (4328)

WWW.JAYDENSMECHANICAL.COM

**PROTECT WHAT
KEEPS YOUR FAMILY
COMFORTABLE**



JOURNAL
ENTRY #33ADVERSITY LEADS TO PAIN, PAIN TO
EXPERIENCE, EXPERIENCE TO WISDOM

Last month we explored that if you can change the way you see life's adversities, you will grow profoundly as a person. I get asked, "How am I going to make it through this season in my life? When will I get a break? When will this end?" Here's the answer! We are all called to a purpose. You need to go through difficulties because how can you find your purpose so that you gain experience unless you live through said pain? You can't. If I had not lived through bullying, abuse, multiple mental health breakdowns and failed relationships, I would not have ANYTHING to offer you in this magazine. I had to be in a heart-broken state for years and make a decision that I was not going to give up, even though at times I wanted to. Some of my experiences

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

were done to me, and some were a result of bad choices I made that were my own fault. Either way, I had to get well.

Facing the pain is the first start. It took fifteen years of allowing God to heal me in many different ways. I can honestly say that I wouldn't change the past because once you experience your healing, the gift of wisdom that is birthed in you is life altering. If you don't give up, you will then understand everything.

As promised last month, let's dive into the first pain that is something we all go through. Grief and loss comes in many forms. According to the Harvard Medical School's website at health.harvard.edu/mind-and-mood/5-stages-of-grief-coping-with-the-loss-of-a-loved-one, the five stages of grief are denial, anger, bargaining, depression and acceptance. Everyone will go through these stages in an order that is unique to each individual because we all cope with grief and loss differently.

Remember this, your hardships allow you to gain experience and the wisdom to help other people. What a beautiful gift! Don't you agree?



KID ZONE

LIFE AS A CHILD SEES IT

FRIGHT NIGHT: ALL ABOUT HALLOWEEN

Reading Lander and Adi's answers to our Halloween questions took me right back to some of my favourite Halloween memories! From picking out the perfect costume to trick-or-treating with friends and seeing who could come home with the biggest stash of candy, Halloween has always been filled with a little bit of magic. So grab your favourite treat and see what these two had to say about all things Halloween!

We know that your family LOVES Halloween!

What's the best part?

Lander - The best part is candy!

Adi - The best part is costume hunting!

How has Halloween changed since you were little?

Lander - I'm allowed to wear my own costume that I choose.

Adi - I am not allowed to eat all the candy.

What is your Halloween costume this year and why?

Lander - Spider man - because I found a cool electric mask.

Adi - Henry Danger because I love the show and I love him.

What is the best costume in the past that you've ever worn?

Lander - An inflatable dinosaur!

Adi - I have loved all of them!



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.





SKIN REJUVENATION: WHAT DOES IT ACTUALLY MEAN?

Between busy mornings, work, family life and everything else on the calendar, skincare can become an afterthought. Then one day, you catch yourself in the mirror and notice something different: more redness, uneven tone, sun spots, fine lines or skin that simply doesn't look as fresh as it once did.

Despite how it may sound, skin rejuvenation isn't about changing your face or trying to look 20 again. It's a broad term for treatments designed to improve the appearance and texture of the skin—addressing concerns like pigmentation, redness, fine lines, uneven texture or sun damage.

In our practice, we often use lasers to help treat these concerns and achieve natural-looking results. And if the word “laser” sounds intimidating, you're not alone. For someone new to aesthetic treatments, it can sound much more intense than it actually is.

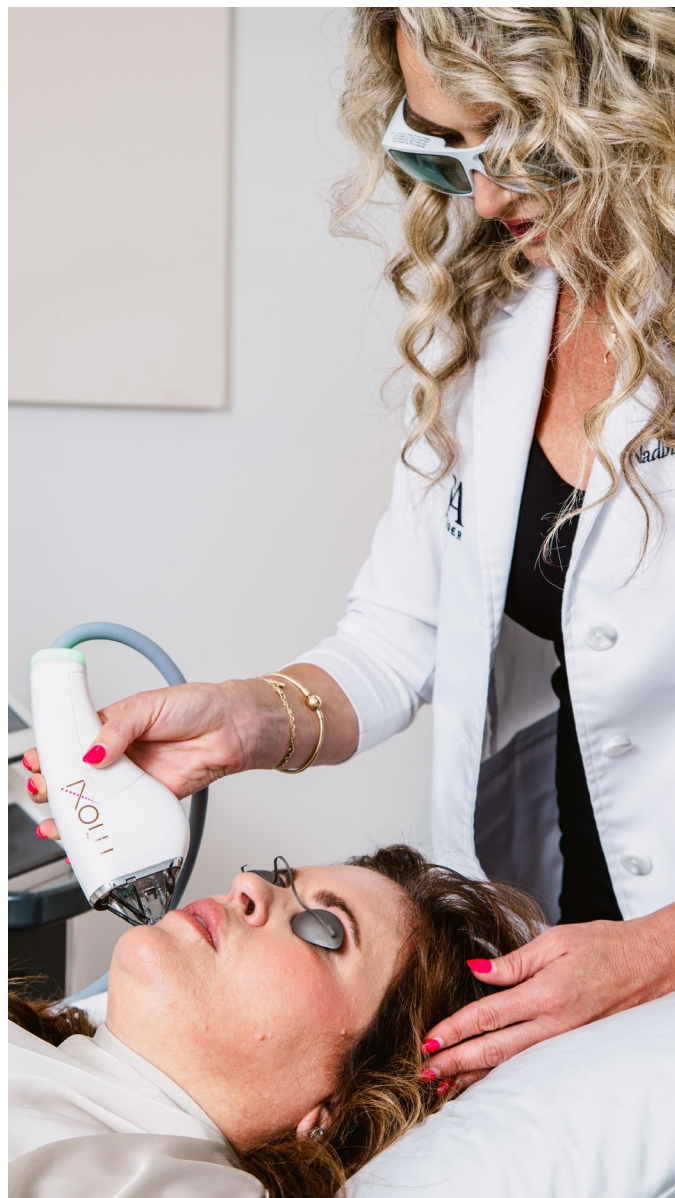
Laser and light-based treatments, including IPL, use controlled energy to target specific concerns. Different technologies do different things: some can help fade brown spots and reduce redness, while others focus on texture and fine

lines. Resurfacing lasers create tiny, controlled areas of injury that encourage the skin's natural healing process and stimulate new collagen.

The good news? There isn't just one type of laser treatment. Options range from gentler treatments with minimal downtime to more intensive resurfacing, depending on your skin, goals and comfort level. This is why a consultation is important. Laser and light treatments aren't one-size-fits-all and should be recommended with your skin type, medical history and goals in mind.

The foundation of great skin is still what you do every day. Your skincare can—and should—evolve as you age and even change with the seasons. Think of in-clinic treatments as a way to complement that routine, using technology to address concerns that skincare alone may not.

Ultimately, skin rejuvenation isn't about chasing perfection. There's no timeline for when you should start or what you should be concerned about. It's as individual as you are. Our consultations are complimentary and pressure-free. When you're ready to explore your options, we're here to help.



Yazdani Aesthetics
519-601-4554

info@yazdaniaesthetics.com

Follow on IG or FB @yazdaniaesthetics.



MANAGEPOINT
FOR EVERYTHING IT

IT Services & Support
Software Development
Cybersecurity
VoIP Phone Services

LET'S CHAT

(844) 914-1706 | info@managepoint.ca



Now
welcoming
new referrals!

SPEECH THERAPY

Register your child today
for speech therapy

connectkids.ca | 519-852-9771



OBSERVED IN THE WILD: TEENAGERUS MAXIMUS

Observe... the North American Teenager (Teenagerus Maximus) as summer draws to a close.

After nearly ten weeks of recreational hibernation, sustained almost entirely by carbohydrates, Wi-Fi and parental generosity, the species prepares for one of nature's most remarkable events: The Return to Routine.

Researchers estimate this transition takes two weeks. Parents estimate...Thanksgiving.

HABITAT

The Teenager prefers a dark, cave-like environment, emerging only to forage for snacks or request transportation. Researchers remain puzzled by how the species can sleep until noon and still require an afternoon nap.

DIET

Researchers estimate the average Teenager consumes enough snacks over one summer to sustain a small black bear through hibernation. Curiously, the phrase, "There's nothing to eat," is almost always observed while standing in front of a fully stocked refrigerator. Further study is required.

COMMUNICATION

Fascinating... Although capable of memorizing hundreds of song lyrics, every TikTok trend and obscure sports statistics, the Teenager remains unable to remember to bring a towel upstairs after showering.

Its hearing also appears highly selective.

Observe:

"Could you unload the dishwasher?"

Silence.

"I will change the Wi-Fi password."

Remarkably, hearing returns immediately.

BEHAVIOUR

The Teenager can debate world politics, explain new technology and navigate the complex social hierarchy of high school. Yet it remains incapable of locating its school uniform, despite leaving it in the same place ten weeks earlier. Scientists believe this condition may also explain its inability to see dirty laundry.

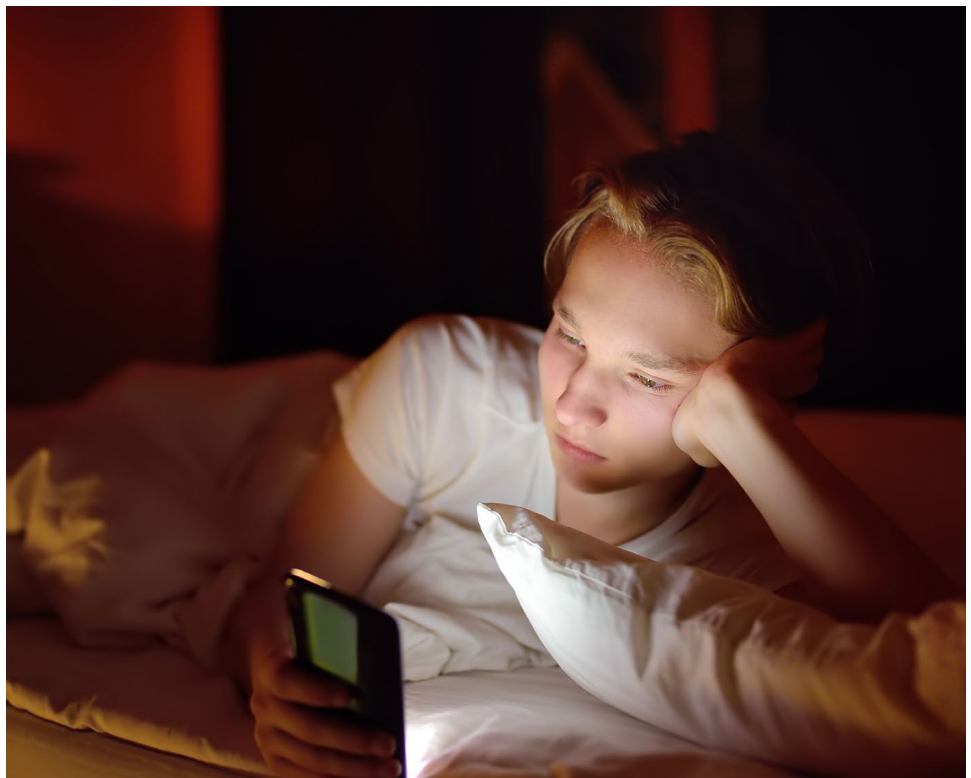
CONSERVATION STATUS

Experienced observers understand this behaviour is temporary. The Teenager is still developing. Still learning. Still becoming.

The mature parent has only one reliable survival strategy. Flip your seat. Observe. Laugh when you can.

Because before long, this fascinating creature's annual migration will become permanent... and you'll find yourself hoping it comes home to empty the refrigerator one more time.

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





FIVE THINGS I'VE LEARNED ABOUT PARENTING THAT I WISH I KNEW EARLIER

After more than 20 years of working with children and families—and raising my own boys—here are five things I wish I had known earlier that I can now share with you.

1 *Connection comes before correction.*

When children are overwhelmed, angry or struggling, they aren't always able or ready to hear the lesson we're trying to teach. Connecting first doesn't mean ignoring behaviour. It means helping them feel understood and safe in the moment, so we can actually reach them.

2 *Behaviour is communication.*

Instead of asking, "How do I stop this behaviour?" try getting curious: "What is this behaviour telling me?" Our children may be overwhelmed, anxious, frustrated or simply missing the skills they need in that moment. Understanding the why can change how we respond.

Melanie Wallis is a Certified Parent Coach, Autism/ADHD Mom, and founder of Melanie Wallis Coaching.

She helps parents of neurodivergent and higher-needs children create calmer, more connected homes through practical parenting strategies and personalized support. Visit melaniewalliscoaching.com to learn more.

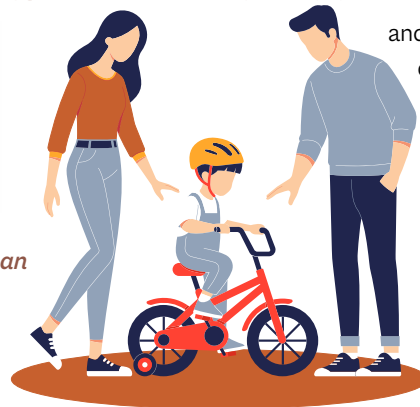


3 *Calm doesn't mean permissive.*

We can understand our child's feelings while still holding boundaries. "I see that you're angry" and "I won't let you hit" can exist together. Children need compassion, clear expectations and confident guidance.

4 *Repair matters more than perfection.*

We will lose our patience and have moments we wish we'd handled differently. Coming back, taking responsibility



and reconnecting teaches our children something valuable about relationships—and reminds them that love doesn't require perfection.

5 *There is no one right way to parent.*

Every child is different. What works for one may not work for another. Sometimes good parenting means letting go of what we think

we should be doing and paying attention to the child in front of us.

Parenting isn't about having all the answers. It's about staying curious, learning, adjusting and continuing to show up. Our children don't need perfect parents. They need parents willing to know them, guide them, grow alongside them—and keep finding their way back to calm connection.



SABA
DENTAL CENTRE

WARMLY WELCOMING NEW SMILES

All your Dental Needs Under One Roof

- Cosmetic dentistry and smile makeovers
- Wisdom teeth removal
- Multiple levels of sedation
- Dental implants and ALL-on-X (Teeth in a day)
- Sleep apnea appliances
- Solutions for loose dentures



Schedule your appointment today at **519-777-2828**
or visit our website **www.sabadental.ca**

ALICIA NOLAN LIFE COACHING



LIFE COACHING

From Surviving to Truly Living

Coaching for Clarity, Confidence & Inner Alignment.

When life feels overwhelming, exhausting, or simply no longer feels like you, coaching can help you reconnect with yourself, gain clarity and create a life that feels authentically yours.



1:1 LIFE COACHING

Personalized. Supportive.
Transformational.



IN-PERSON & VIRTUAL COACHING

Fridays at Rebalance London

*ADDITIONAL APPOINTMENTS AVAILABLE
BY ARRANGEMENT



519-851-6720



@an.lifecoaching



www.anolanlifecoaching.ca

Each month we introduce you to a business that offers families in London and the surrounding area services or products you won't want to miss. 

For more than 30 years, Alicia Nolan has had the privilege of caring for people as a Registered Dental Hygienist. But over time, she began to recognize how easily we can become caught up in schedules, responsibilities and the expectations of others—and lose touch with what truly brings us peace and joy.

She found herself longing for more time to journal, meditate, exercise, enjoy a quiet morning coffee and simply begin her day feeling grounded and connected. Through years of working with her spiritual mentor and doing her own inner work, Alicia discovered how profoundly slowing down, listening inward and living more authentically could change her outlook on life.

Eventually, she knew she wanted to share what she had learned with others.

That desire led her to Martha Beck's Wayfinder Life Coach Training, where she became a Certified Wayfinder Life Coach. It gave her the tools and confidence to turn something that had transformed her own life into work that could help others.

Today, through **Alicia Nolan Life Coaching**, she works with people who may feel stuck, overwhelmed, disconnected or uncertain about what comes next. "Together, we explore the thoughts, beliefs and patterns that may be keeping them from moving forward, while creating greater clarity, confidence, self-worth and trust in themselves. What I love most is watching someone begin to see themselves differently—to recognize their own wisdom and realize they have more choices than they thought."

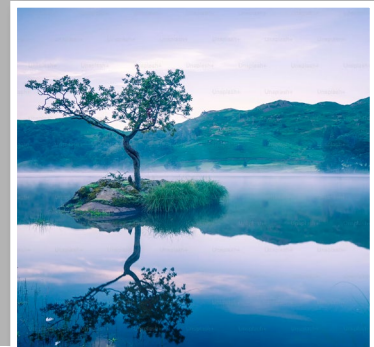
Alicia's hope is that every client eventually feels ready to fly on their own: equipped with greater self-awareness, practical tools and the confidence to navigate life's challenges, follow their intuition and live more authentically. She believes life is a continual journey of learning, experiencing joy and pain, and discovering meaning along the way. For her, faith is an important part of that journey.

***"We aren't meant to spend our lives simply surviving.
We're meant to truly live."***

Alicia Nolan offers in-person coaching at Rebalance London by appointment, as well as virtual coaching.

Alicia Nolan (519) 851-6720

Rebalance London (519) 601-2002





THE TRANSFORMATIVE POWER OF GRATITUDE

Gratitude is more than saying “thank you.” It is a way of training our attention to notice what is meaningful, supportive and beautiful in our lives. When practised regularly, gratitude can shift our focus away from constant worry and toward appreciation, connection and possibility.

A systematic review and meta-analysis of 64 randomized clinical trials found that gratitude interventions were associated with better mental health, greater life satisfaction, more positive emotions and fewer symptoms of anxiety and depression. Other research has found improvements in subjective well-being, optimism and sleep, along with reductions in blood pressure.

Kute Blackson offers a powerful framework for deepening gratitude. His levels invite us to move beyond simply appreciating what we have:

1 Gratitude for what you have. “I am grateful for my home, my health, my food and the people in my life.”

2 Gratitude for who you are. “I appreciate my strengths, my courage and the person I am becoming.”

3 Gratitude for your experiences and learning. “I am grateful for what this experience has taught me.”

4 Gratitude for what others have done for you. “I appreciate the kindness, support or encouragement someone has given me.”

5 Gratitude for unanswered prayers and what has not happened. “I trust that what has not happened may be protecting or guiding me.”

6 Gratitude for what has not happened yet. “I am grateful for the possibilities that are still unfolding.”

7 The deeper embodiment of gratitude.

Allowing gratitude to become a way of living rather than simply an exercise.

A simple daily practice is to pause three times a day and ask: **What is good right now? What am I grateful for?** What can I appreciate about this moment? Write down one answer, thank someone, or simply take three slow breaths while feeling your appreciation.

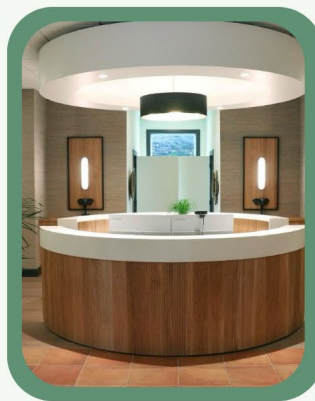


Dr. Kylea Potvin, Medical Oncologist and Founder, Eir Centre, 226-289-6644, Info@eirhealing.ca



Care. Compassion. Healing.

At Eir Centre our vision is to transform the conventional model of care by embracing a holistic approach that nurtures the mind, body, and spirit. We aim to empower every individual facing health challenges with the knowledge, skills, support, and courage to discover their strength and live fully.



What We offer:

- ✓ Individual Psychotherapy
- ✓ Psychedelic Assisted Therapy
- ✓ Oncology & Survivorship
- ✓ Nutrition Counselling
- ✓ Sound Therapy
- ✓ Breathwork
- ✓ Yoga Therapy



www.eirhealing.ca



226-289-6644



info@eirhealing.ca



The greatest legacies
aren't built on what we keep.
A great plan turns success
into something that lasts.

BE MORE LIKE DOLLY

The world lost a true icon in August, and the outpouring of love for Dolly Parton has been a reminder that the greatest legacies aren't built on fame. They're built on generosity, purpose and heart.

Her financial story is as remarkable as her music. She turned extraordinary talent into a thriving business empire while staying committed to giving back — through childhood literacy, disaster relief and community projects.

Like many successful entrepreneurs, Dolly followed the principles of long-term growth. She reinvested in herself, diversified her income and stayed focused on opportunities aligned with her values. Those same principles help families build security over time.

Her approach also shows what charitable giving can do within a broader strategy. Direct donations, gifts of securities, donor-advised funds and planned giving can each create lasting impact while potentially delivering tax benefits.

Wealth means most when it reflects what matters to you. A strong plan should help you reach your goals today and support the legacy you want to leave.

So ask yourself: what does your legacy look like? Whether you're building wealth, planning for retirement or reviewing your estate, now is a good time to make sure your strategy reflects your values.

We'll help you build a plan that does both — grows what you've worked for and supports the causes you care about. Give us a call.

”

*Building wealth and
creating impact don't have
to compete. The most
effective financial plans do
both.*

KEEP IN MIND

- Reinvest, diversify, and stay aligned with your values.
- Direct donations are the simplest way to give.
- Gifts of securities can be more tax-effective than cash.
- Donor-advised funds let you give now and grant over time.
- Planned giving through your estate leaves a lasting legacy.



**PRIVATE WEALTH
MANAGEMENT**

SHEFFIELD & ASSOCIATES



THE PRESSURE TO HAVE IT ALL



TALK WITH JEN

Does it ever feel like everyone else has it together? Like you are always one step behind? Comparing ourselves to others can sometimes motivate us to grow, but it can also leave us feeling like we are falling short or that we don't have enough. When we focus too much on what others have, it can contribute to exhaustion and even a sense of disconnection from our own lives. Comparison can make it difficult to notice and appreciate what is already here.

Practicing gratitude is one way to shift our attention back to what surrounds us. As

humans, we often become used to what we have and stop feeling appreciative. A stocked pantry can somehow become, "there's nothing to eat," or a closet full of clothes can become, "I have nothing to wear." Try pausing for a moment, sit still, take a deep breath, look around the room and choose one thing you have become used to that someone else might appreciate. Notice what happens in your body, maybe it's a softening in your face, a release across your shoulders or simply a renewed appreciation for what is already present.

For me, when life feels unfair, I find it helpful to lean into what is going well. I sit on my sofa, take a deep breath, wiggle my fingers and toes and ground myself in the moment. I notice the comfort of the couch beneath me, the ease

of my breath and feel thankful for the health that allows me to sit comfortably in my home. Gratitude doesn't make our problems disappear, but it can create space for stress to ease, perspective to return and to move forward with intention.

Take care.

Disclaimer: this information is for educational purposes only and does not constitute psychotherapy or a therapeutic relationship.



Jen Wall is a Registered Psychotherapist with Talk With Jen Counselling and Psychotherapy, a virtual practice based in London, Ontario, supporting caregivers and professionals in high-stress roles experiencing burnout and emotional overload. Learn more at TalkWithJen.ca.



THE
R.A.W.
Reviews

Capturing authentic reels that shine a light on the heartbeat of local businesses.

Now booking upcoming film dates - spots are limited



Call today to book your spot 519 495-7316
www.reallyauthenticwomen.com

FALL IS HERE: FINDING YOUR GROUND WHEN LIFE GETS BUSY

There's something about fall that signals a return to routine. Days shorten and suddenly calendars fill up with work, school, appointments, activities and responsibilities.

For many of us, it can feel like we go from a slower pace straight into “go, go, go.” Before we know it, we're moving through our days checking things off the list, while our own needs quietly move to the bottom. But what if this fall, instead of simply getting busier, we approached our routines differently?

Feeling grounded doesn't mean having a perfectly calm schedule. It means learning how to stay connected to yourself within the busyness.

One practice that can make a busy day feel more manageable is creating a “success action” list the night before. Before bed, write down three things you want to accomplish tomorrow. They might be tasks, conversations, appointments or something you need to make

time for. When you wake up, you have a clearer sense of what matters most, rather than feeling pulled in every direction. And if those three things are all you accomplish that day? That can still be a successful day.

You can also create small moments that help ground you throughout the day. Take a few deep breaths. Step outside with your morning coffee. Put your phone down. Take a walk. Journal for a few minutes. These small moments can become anchors.

And remember, you don't have to say yes to everything. Before automatically adding another commitment to your calendar, pause and ask yourself: “Do I really have the space for this?”

This fall, as routines return and life gets busy, make space for yourself within the routine. You are not meant to simply move through your days getting everything done. You're meant to be present for your life too.



Alicia Nolan is the founder of Alicia Nolan Life Coaching, where she helps individuals build confidence, reconnect with themselves and create lives they truly love. A certified life coach, speaker and registered dental hygienist, Alicia believes meaningful change begins with small, intentional steps. Visit her at anolanlifecoaching.ca or on Instagram @an.lifecoaching.








BUEHLER

CUSTOM WOODWORKING

553 Southdale Rd. E. Unit 103
London, ON N6E 1A2
📞 519-630-7222
✉ buehler@rogers.com
🌐 www.buehlerwoodworking.ca





30th
Dance extreme

30 YEARS OF DANCE



LET'S DANCE!

JOIN US FOR FALL CLASSES

725 Notre Dame Dr #1, London, ON
519.657.3262



AFFORDABILITY STARTS AT CITY HALL.

Susan believes every decision at City Hall should respect the taxpayers who foot the bill.

**RESPONSIBLE SPENDING.
TRANSPARENT DECISIONS.
VALUE FOR TAXPAYERS.**

LEARN MORE
votesusanstevenson.ca



**Susan
Stevenson**
FOR MAYOR OF LONDON

Authorized by the Susan Stevenson Campaign.



LOVING THE ONE WHO RUNS TOWARD THE CHAOS

Being the spouse of a first responder means learning to love someone whose job sometimes scares the hell out of you. You kiss them goodbye, knowing they're heading to work, but never truly knowing what "work" will look like that day. A fire. A horrific accident. A child who couldn't be saved. Violence. Someone's absolute worst day.

And while they run toward it, we stay home. We hear the sirens. We see the news. We learn not to panic. Not to ask questions they can't answer. We learn that "I'm fine" doesn't always mean fine.

Sometimes the hardest part of the job comes home with them. PTSD and occupational stress injuries don't always announce themselves loudly. Sometimes they look like silence. Exhaustion. Irritability. Nightmares. Hypervigilance. Withdrawal.

Supporting someone through that journey means understanding that mental health deserves the same attention as any physical injury suffered on the job. It means

encouraging conversations, counselling and peer support, and reminding the person behind the uniform that asking for help is strength, not weakness.

But there is another side of first-responder life that I never expected: the family we gain. The firehall family. The police family. The paramedic family. They celebrate together, grieve together, tease each other mercilessly and show up when life falls apart. And the spouses show up too. We understand missed dinners, interrupted holidays, cancelled plans, overnight shifts and phones that go off just as everyone sits down to eat. We understand that some days time stands still while they process.

There are sacrifices that come with loving a first responder, but there is also tremendous pride. I love the man underneath the uniform, not because he is fearless, but because he feels fear, heartbreak, exhaustion and grief, and still chooses to serve. He loves his community as much as he loves his family.



.....
Meda Riley is a Mother, Palliative Complex Caregiver and Founder of Country Girl Body Products and Country Girl Catering and Preserves.



SnowPro
CONTRACTING

- PROPERTY MAINTENANCE
- CONSTRUCTION
- JUNK REMOVAL
- HARDSCAPE
- UNIT CLEAN-OUT
- LANDSCAPING
- WINTER MAINTENANCE

 519-521-3786
 admin@snowprocontracting.ca
WWW.SNOWPROCONTRACTING.CA






One-12 Photography
www.one12photo.ca
519-777-1699





CULINARY CATERING









 culinarycatering.ca
 519-641-4725
  info@culinarycatering.ca



ORTHOSES & PHYSIOTHERAPY: HOW THEY WORK TOGETHER TO SUPPORT YOUR CHILD

October is National Physical Therapy Month, making it a great time to recognize the important role physiotherapists play in helping children build strength, improve movement and reach their goals.

When your child uses a brace, physiotherapy can help them make the most of the support it provides. Together, the brace and therapy can help your child build skills, improve movement and participate more confidently in everyday activities.

WHAT DOES PHYSIOTHERAPY DO?

Physiotherapy focuses on helping your child develop skills such as strength, balance, coordination, flexibility and mobility. A physiotherapist may work with your child on everything from learning to stand and walk to improving their running, stair climbing or participation in sports.

WHAT DOES A BRACE DO?

An orthosis, commonly called a brace, provides support based on your child's individual needs. Depending on the type of brace, it may help improve alignment, provide



stability, control unwanted movement, support weak muscles or maintain range of motion.

WHY DO THEY WORK TOGETHER?

Think of a brace as a tool that can provide a more stable foundation for movement, while physiotherapy helps your child develop the skills and strength to use that support. For example, an AFO may help position a child's foot and ankle during standing and walking. This can provide greater stability while their physiotherapist works on balance, strength, coordination and gait.

YOUR CHILD'S GOALS COME FIRST

Every child is different, and there isn't one brace that works for every child with

the same diagnosis. Orthotic care should consider your child's individual movement, abilities, challenges and goals. Communication between your child's physiotherapist, orthotist, physician and family is an important part of this process. Changes in strength, mobility, range of motion or developmental goals may mean that an orthosis needs to be adjusted or changed.

GROWING MEANS CHANGING

Children grow quickly, and their needs can change just as quickly. A brace that worked well six months ago may no longer provide the right support as your child grows or develops new skills. Regular follow-up with your orthotist and physiotherapist can help ensure their orthosis continues to support their needs. Orthotics and physiotherapy are two pieces of the same puzzle, working together to help your child move, participate and reach their potential.

.....
The Custom Orthotics team (519) 850-4721 |
office@customorthoticsoflondon.com /@cool_bracing



CUSTOM ORTHOTICS OF LONDON INC.

Keeping You Ahead, One Step at a Time since 1987



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

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

☎(519) 850-4721 www.customorthoticsoflondon.com

RAISING KIDS WHO CAN SAY NO— EVEN WHEN EVERYONE ELSE SAYS YES

Ancient Rome didn't have Wi-Fi, paintball or multi-day music festivals. People had fewer distractions, and way more time to pontificate around firelight. Their influencers were philosophers—including Marcus Aurelius, who wrote, "No longer discuss what sort of person a good person ought to be—just be one."

Nearly two thousand years later, that advice still holds up. Across cultures and generations, our most enduring values can be summarized simply: Treat people with dignity. Be honest and fair. Take responsibility. Help where you can. Leave the world better than you found it.

These shared values are the social glue that allows us to live and thrive together. Unfortunately, they're competing with an attention-driven culture where acting like a buffoon in Walmart can generate millions of views—as long as you film it and yell,

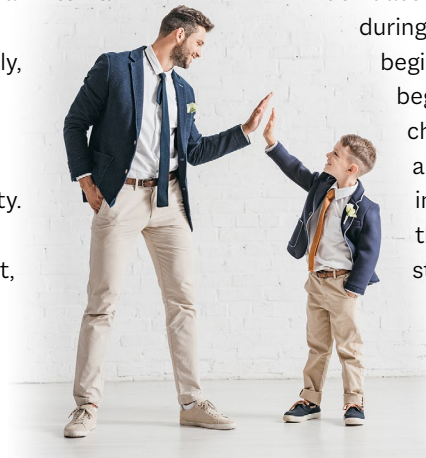
"IT'S A PRANK!" before security or police arrive.

We can limit screen time and supervise playdates. Our children will face a difficult decision though, when we aren't there to fix it for them. Maybe someone offers them a stolen weed pen. Maybe friends dare them to shoplift. Maybe they're invited to participate in bullying or other cruelty. In that moment, they can't freeze because you're not there. They need an internal compass of their own.

That compass is built early, through small, ordinary moments. At home, we can make mistakes safe to own, while teaching accountability. We can keep our promises, apologize when we fall short, and let our children see us choosing honesty when

dishonesty would be easier. We can ask not only, "what were you thinking?" but also, "Does this fit the person you want to be?" Showing kindness when it isn't popular builds the courage to defend someone being mistreated.

Would you rather raise the child filming chaos in Walmart for TikTok or the one shovelling an elderly neighbour's driveway without being asked? Those mindsets don't accidentally appear during adolescence. They begin now—and they begin with us. Our children may not always follow our instructions, but they are constantly studying our example.



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.

 **CONSEIL SCOLAIRE
CATHOLIQUE**

**ONGOING SCHOOL
REGISTRATION**

**Never too early,
never too late!**




 **MyFrenchSchool.ca**

- More than French immersion
- Stimulating learning environment
- Safe and caring schools
- Best French-language staff

OUR FRENCH CATHOLIC SCHOOLS IN YOUR AREA:

Frère-André
400 Base Line West
London
519-471-6680

Sainte-Jeanne-d'Arc
35 Fallons Lane
London
519-457-3141

Saint-Jean-de-Brébeuf
270 Chelton
London
519-963-1219

Sainte-Marguerite-Bourgeoys
700 Bristol
Woodstock
519-539-2911



WHEN IT'S NOT JUST GETTING OLDER: UNDERSTANDING PERIMENOPAUSE

You're exhausted. You can't remember why you walked into the room. Your patience feels thinner than it used to, you're waking up at 3 a.m., and despite eating the same way you always have, your jeans suddenly don't fit. If you're like me, maybe you've wondered: "Is this just stress? Am I doing something wrong? Is this just part of getting older?"

If you're in your mid-to-late 30s or 40s, there's a good chance you're entering perimenopause...the hormonal transition leading up to menopause. While many people think menopause begins when periods stop, perimenopause can begin years earlier, often catching women completely by surprise.

During this time, estrogen and progesterone don't just decline, they fluctuate dramatically, leading to symptoms such as weight gain (especially around the abdomen), fatigue, brain fog, mood changes (I called it my "crazy lady" phase!), sleep disturbances, hot flashes, irregular periods, joint aches, reduced muscle mass, and changes in cholesterol or

blood sugar. Because these changes happen gradually, many women mistake them for everyday stress.

The good news? While nutrition won't "fix" hormones, it can help you feel your best.

FOCUS ON:

- Eating enough protein to support muscle and keep you satisfied
- Getting adequate calcium and vitamin D for bone health
- Choosing plenty of fibre from vegetables, fruit, legumes and whole grains
- Including heart-healthy fats like olive oil, nuts, seeds and fatty fish
- Staying hydrated and limiting alcohol if hot flashes or poor sleep are becoming more frequent

Strength training is another game changer. Lifting weights just two or three times per week helps preserve muscle, supports metabolism, strengthens bones and promotes healthy aging.

Most importantly, give yourself some grace. The strategies that worked in your 20s or 30s may not work the same way now. That's not a lack of willpower, your body is changing, and your approach just may need to change too. Small, sustainable changes in nutrition, movement, sleep and stress management can make a meaningful difference.

Join our growing community! Follow Spark Nutrition & Health on Facebook and Instagram for practical nutrition tips and evidence-based advice to help you feel your best...one small step at a time.



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

New school year. Same reading struggle?

Personalized literacy support and intervention for students in **Grades 1 to 10**. We help children strengthen reading skills, build confidence, and close reading gaps through targeted support.

- Identify reading gaps**
- Target skill needs**
- Build confidence and mastery**



Explore Our Literacy Programs >



SugarBeesAcademy.com

READING TODAY. BRIGHTER TOMORROWS. ♥



Learn More



GLOW LIKE YOU SLEPT EIGHT HOURS.

Skin rejuvenation with lasting,
natural-looking results.



**BOOK YOUR
CONSULTATION
TODAY**



(519) 601-4554



yazdaniaesthetics.com