

Spring 2014

PRICELESS

CK Child

Your Source for Parenting & Pregnancy in Chatham-Kent

INSIDE:

Exclusive offers for
our valued
CK Child readers!





Scan for
current listings!

The House That Sells



*Specialized in
First Time
Home Buying &
Rent to Own!*



Brenda Russelo
Sales Representative

The Lady that Sells



Welcome to the 2014 Spring Issue of **CK Child!**

CK Child is a hip, local parenting magazine for those raising their children in Chatham-Kent. Our goal is to unite our community by offering various viewpoints on topics relating to all stages of parenthood.

CK Child also highlights the many, valuable locally run businesses in our region & local family-friendly events occurring in C-K. Be sure to check out our new website too at www.ckchild.ca

Letter from the Editor



Photo by Fairytales Photography

Well I am very proud to say that this is the first issue of our 6th year! I cannot believe how quickly time has passed since I first started this publication. I remember bringing Chloe with me to my first meetings....she was so little!

So I would like to take this opportunity to thank everyone who has supported CK Child over the past 5 yrs - both our readers & our clients. I couldn't have done it without all of you! I'm so proud to be a part of such an amazing community. In celebrating this milestone, some of our advertisers are offering our valued readers some fabulous deals. So please check out these offers on pg 5.

Cheers to another 5 years!

Tammy

*Tammy Chouinard
Owner & Editor*

Table of Contents

- 4[&]5 *Dad Around Town: Jump & Jive*
- 6[&]7 *Does Coffee Come in Bucket Size?*
- 9 *CK's Business Spotlight: Open Shutter Photography*
- 10 *PURE Perspective: Childhood is Indeed Magic*
- 11 *The Kids are Alright: On Making Changes and Taking Chances*
- 12[&]13 *Common Myths for Pet Owners*
- 14 *Active Play, Every Day*

Please Note: Articles within CK Child Parenting Magazine do not necessarily reflect the views of the Editor.

CK Child is an independent publication created by a parent for the parent and caregivers of Chatham-Kent.



Please recycle your copy of CK Child.



CK Child shows our commitment to the environment by using a FSC certified printer

The cover of this issue of CK Child was photographed by BJ Kivell of Fairytales Photography

Our super cute models are 8 year old Chloe and 3 year old Ezra



BJ Kivell of Fairytales Photography offers unique, modern & imaginative portrait photography in Chatham-Kent and Southwestern Ontario. She specializes in newborn and children's photography.

For more info, visit:
www.fairytalesphotographychatham.com

Dad Around Town: JUMP AND JIVE!



If you found yourself, as I did with my wife and two boys, at the Downtown Chatham Centre on the Saturday before Family Day in February, you may have come across a lot of jigging, jumping, and jiving going on. In the mall's food court, directly outside the entrance of Ella Minnow Pea toy store, there were two free concerts at 12:00 and 2:00 starring the energetic trio of characters from the CBC show JiggiJump. Chatham was lucky enough to be part of the JiggiJump

Sport and Fitness Fest during a mall tour throughout Ontario. The male and female stars of the show, David and Judy, along with their colourful kangaroo friend, JJ, put on an interactive show of musical adventures that get kids moving. JiggiJump is a fitness movement for children that started out as live presentations in schools in 2006 before becoming a television series on CBC in 2013. In a promotional video on Youtube, Judy explains the program by saying, "JiggiJump gets kids to be active in a very simple way. It just uses play and it's fueled by imagination and by really fun music."

My two boys, Ethan (four) and Jonah (two), were just the right

age to get in on the action amongst a crowd of local children pressed up against a stage being entertained in fun ways to promote healthy living and physical activity. Colourful costumes and catchy music attracted the eyes and ears of the young audience to the stage and the energy of David and Judy kept them enthralled. The activities on stage made the connection between fun and healthy living by incorporating stretching, cardio workouts, and cool down exercises. There were barely any kids in the crowd not moving along to the peppy music. Along with running in place, the songs had the kids mimicking bicycle riding and bouncing on pogo sticks. When David came into the audience at one point, a stream of kids followed him around like the Pied Piper. They are doing everything right to keep the kids motivated to exercise right along with them, all the while just seeming to have fun.

Interspersed between the active parts of the show were narrative segments that talked about burning energy through exercise and replenishing the body with fluids and healthy food. At one point, JJ the Kangaroo was doing his best to hide a chocolate bar out of David's reach while Judy asked the children to yell out their favourite healthy snacks to replace the candy. All parts of healthy living are incorporated into their overall message including the health of the Earth; they have

BETTER TOGETHER

We've moved into Jurassic Fantastic inside DCC

Now offering:

- Kindermusik Classes
- Birthday Parties
- Dinosaur Dig & Discovery
- Community Drumming
- Special Event Celebrations

MUSIC ON THE MOVE

100 KING STREET WEST, CHATHAM
 Inside Downtown Chatham Centre beside the Food Court
 519.437.8064 kim@musiconthemove.ca
 musiconthemove.ca jurassicfantastic.com

JENNIFER MARSH PHOTOGRAPHY

CHATHAM KENT'S PREMIER NEWBORN PHOTOGRAPHER

SPECIALIZING IN NEWBORN PORTRAITURE
www.jennmarshphotography.com
 EXPERIENCE THE WONDER | TRAINED IN NEWBORN SAFETY + TRAINING

by *Darin Cook*

songs with an environmental angle, such as the role of precipitation and condensation in the water cycle when it rains. The songs are well-conceived for this dual purpose of exercising the body and mind at the same time.

As much as Ethan and Jonah enjoyed participating in the action-packed dancing on their own, Ethan kept looking at me to make sure I was acting out the movements also, so I tried to keep up. And then they hit the jackpot of hilarity when their mother got dragged up on stage with some other parents to take part in a version of The Hokey Pokey with David, Judy, and JJ. The humiliation of their mother was well worth the enjoyment they got out of her being on stage. When she got off stage, they both ran to her and gave her a hug. Jonah said, "That was cool dancing, Mom."

David reminded the kids to continue their dance moves at home with their parents by watching their show on CBC, or they could even do it with a CD of their music. Dave added, "But you can't buy our CD today because we're going to give it to you for free!" The CD, called Healthy Earth Healthy Me, had all the songs, and many more, that the kids danced to at the free concert. I thought it was a great promotional tour that came to Chatham – the kids and parents were involved together in the live demonstration of the show, we learned about the show to continue watching on television, and we got a free CD of the music. It

was a great set-up in the mall, it was well attended, and other local community partners, the Chatham-Kent Public Health Unit and the Y.M.C.A., were enlisted to set up booths around the stage to promote their parallel message of healthy living.

On the way home, I told Ethan and Jonah if they liked the live show, not only could we listen to the same music on our new CD, but also watch them on television. Recently, we've seen some TV characters – The Wiggles, Toopy & Binoo, The Imagination Movers – that have taken their shows from the small screen to the stage. They both always got a kick out of seeing the characters outside of the television, but this would be the first time seeing them live first and finding the television equivalent later. Ethan's response was, "Maybe we can watch the show and they will jiggy jump out of the TV and eat our healthy food, because I think they know we have healthy food in the house." At least I had proof that, amongst all the exercise he got, he had been listening to their lessons as well.

Darin is a freelance writer who works and plays in Chatham-Kent, and is becoming a Dad around town by taking in children's entertainment and family-oriented attractions with his wife, Jennifer, and their sons, Ethan and Jonah. Share in more of his experiences at www.darincook.ca

Spring has Sprung!

These fabulous businesses would like to present our valued CK Child readers with these exclusive offers:

Mention this ad and receive



25% off
Sessions booked in
Spring 2014
with this ad

Mention this ad and receive



25% off
the Registration Fee
for new students.

Mention this ad and receive



Buy a KD KNIFE
& receive a
FREE KD Cloth

Mention this ad and receive



50% off
Additional Digitals
with this ad

Does Coffee Come in Bucket Size? ELLE WOODS: ATTORNEY BY DAY, ADVOCATE BY NIGHT



Husband returned home from his soccer league game in his Barney-purple jersey, looking rougher than normal. "Frick. I need new cleats. My feet stink."

He silently removed his soccer shoes, but with every passing second of silence, I could see the glint of excitement in his eyes. No, not THAT "glint of excitement." Well, probably that one, but I ignore that particular glint. For reals, the excitement was due to Kiddo #2 clearly being asleep. Husband was excited that WE might be able to watch a TV show before 10pm.

After basking in the silence a few minutes more, Husband raised the volume of his voice from "Silent Film" to "Funeral" and said, "He's asleep? He's not coming out of his room? How did you do that?"

I glanced up from Candy Crush, looked him in the eyes and said, "Yes, I believe he is asleep. (pause) No, I do not believe he will be coming out of his room again tonight."

Husband: Why are you speaking like a Sphinx?

Me: Because you will never believe what happened.

Husband: Does it involve a Sphinx?

Me: No.

Husband: Does it involve bribery of any sort?

Me: (thinking) No. Maybe.

Husband: Is there a unicorn or pterodactyl involved?

Me: (thinking) Kinda. (thinking) And, no. But, here's how the night went down...

I did the usual crap getting the kids ready and into bed the first time.

Kiddo #1 always goes to bed like a big bowl of awesomeness covered in tiny rainbows. She's usually out cold within 2 minutes of her head hitting the pillow. And then there's the other side to our genetic coin: Kiddo #2.

Sensing Kiddo #2 was feeling restless, I tucked him into bed and said, "The first time you get out of bed, you lose your balls. The second time, you lose Poochie. Dig it?"

Ha. No, I'm not threatening to castrate my son for leaving his bed. Tonight he wanted to bring two soccer balls with him to sleep and, frankly, if it keeps him in bed, I'd let him bring a full-on horse and wagon. I was merely saying first I'll take his soccer balls and second, Poochie.

He, within 35 seconds of my leaving, was up cavorting in the living room.

I silently took the balls and put them on the mantle.

I, without speaking, returned him to his bed.

Within 10 seconds (wailing about his lost balls) he returned to the living room.

I then, silently, took Poochie, put him on the mantle, and without speaking, returned Kiddo #2 to his bed.

And so began his nightly promenade between his bed and me, including but not limited to: crying, wailing, throwing himself on the floor, composing himself and dancing to make me smile, sneaking out like a ninja, sneaking out like an elephant ... you get the picture.

Here's where things got interesting though: smack dab in the middle of one of my many games of Candy Crush or Minion Rush, with Kiddo #2 wailing, sobbing and generally acting like Natalie Wood in any of her films, a strange thing occurred.

Out stormed Kiddo #1 from her bedroom.

Looking suspiciously like a member of Legally Blonde in her pencil skirt, stiletto heels and hair done up in a neat and tidy bun, Kiddo #1 took off her hipster reading glasses and gestured wildly toward the fireplace mantle where the dog and ball were sitting.

I looked at Kiddo #2 and smiled, smugly.

Kiddo #1 was here to read him the riot act. Ha ha ha, little crappy won't-go-to-bed Kid. My unicorn sleeper is gonna tear a strip off you now for keeping her from slumber.

I wish I could say I feel sorry for him, but really, I'm secretly glad he's pushed her over the edge because maybe she can get him to do what I can't seem to.

Kiddo #1: Listen! If you don't stop being so naughty and acting so bad, YOU. (pause) Are getting a time out. Your "acting bad" stuff is getting old. Seriously. (pause) Seriously. (pause) YOU, are going to give back Poochie and his ball. He needs those to sleep! AND, YOU are being NAUGHTY taking them from him. So you GIVE them BACK or I will yell and SCARE you and I will be forced to... to. Tell.

Me: Wait. Are you talking to me? (confused)

Kiddo #1: Yes! Taking Poochie went too far. Too far, Momma. That is rude and hurts his feelings.

Me: Are you seriously talking to ME? (Incredulous)

Kiddo #1: Yes I said. YOU.

Me: And who, exactly, were you going to tell?

Kiddo #1: (looking and blinking, clearly trying to figure out who she would tell on me to) Well. Yes. I would tell... Daddy.

Me: (looking and blinking, clearly trying to figure out what the heck just happened) Well, Daddy would do the same thing I'm doing because Kiddo #2 needs to learn to stay in his bed.

by Elizabeth Sonnen

Kiddo #2 takes this moment to wail loudly and hit his hand against the carpet in despair. Next week he will be filling in for Dr. Drake Ramorez on Days of Our Lives, if you would like to see even more.

Kiddo #1: Yes. (pause) I see. Well, this is inappropriate. He can't sleep without Poochie. So you are keeping him from sleeping. If he can't sleep, do you really think he's going to stay in his bed?

I kid you not, that is what she logically came up with. I wish I had that kind of reasoning power.

Me: Uh... Um?

Kiddo #1: So you are setting him up. He isn't going to bed and stay there. And that is mean, and rude. And you are doing naughty things so if you keep it up, Time Out! You have to Give Him His Poochie BACK. Tonight! Right NOW! He always has to have Poochie and Never, ever to take him AGAIN!

And she stormed back to her room and slammed the door. And I stormed off to her room and opened the door like Storm from X-Men.

Honestly, I was stuck between trying not to laugh my head off at her compelling case, and trying not to cry because she was coming to the aid of her brother who was being relentlessly threatened by outside agencies (to her wee eyes, anyway).

Once she'd calmed down, the two of us went back out to the living room where Kiddo #2 had put two step stools on top of each other trying to reach the top of the mantle.

Good Lord.
Pray for me.

I stood there, silently wondering what my brain was going to come up with to get out of this mess when my mouth took over and starting saying stuff without even CONSULTING my grey matter.

My mouth: Ok. Well. Ok. Kiddo #2. Your sister has successfully argued Poochie back into your arms.

My brain: WTFrick?

My mouth: She saved you. This time.

My brain: Seriously? Stop talking Mouth!

My mouth: But her excellent arguing skills will NOT save Poochie if you leave your room again tonight.

My brain: Where are you headed, Judge Judy, cuz it sounds pretty damn lame from here.

My mouth: Take Poochie and go to your bed. Know that if I hear so much as a peep from your room, a
peep from your room, Poochie goes on the mantle all night long, no exceptions!

My brain: So ... nothing changed and we're starting this stupid night all over again? Nice work, Mouth.

Kiddo #2, sobbing into his newly restored Poochie glanced at me sideways, stood up and ran to his sister sobbing Thankyouthankyouthankyouthankyou while she hugged him. Honestly, I think Kiddo #2 officially out-acted Natalie Wood with that and is now in Liza Minnelli territory.

12 minutes later, into the house walked Husband to two sleeping children. So, to answer your question, Husband, Yes, I think he's asleep. No, I had nothing to do with it. Our daughter successfully negotiated for the return of Poochie which resulted in this outcome.

Tomorrow she will be going with me to get a new cell phone contract that is less expensive, more reliable and will give me a free phone upgrade every time Apple comes out with a new product. Oh, and a back rub every Thursday.

What have your kids done for YOU lately?

Elizabeth is a teacher and writer who takes motherhood one laugh at a time. She grew up in C-K and is thrilled to be back in such a great community. For more great reading, check out her blog at www.DoesCoffeeComeinBucketSize.blogspot.com

WYZGUYS Training Centre



Specialized in
various
training styles!



11812 LONGWOODS RD, KENT BRIDGE

519-351-1717

marion12@rogers.com

- Obedience Classes • Agility Classes •
- Conformation Handling classes
- Rally-O classes • Puppy Classes •
- Boarding • Breeding



**FREE
ADMISSION**

Play Rangers

What are Play Rangers?

Our Play Rangers organize free-play activities to encourage children to be active, try new things, and use their imagination.

Who can play?

Children of all ages are welcome, and admission is FREE! Children under the age of 8 must be accompanied by an adult.



FREE ACTIVITIES FOR KIDS!

DATES AND LOCATIONS

Saturday, March 22

Wallaceburg Kinsmen Community Centre

Saturday, April 5

Blenheim Gable Rees Rotary Pool

Saturday, May 3

Chatham Kingston Park

1:00-3:00pm

CKRecreation

Find more details at:
www.chatham-kent.ca/recreation

519.360.1998 • chatham-kent.ca/recreation



Chatham-Kent
Cultivating Growth. Shore to Shore

CK's Business Spotlight

OPEN SHUTTER PHOTOGRAPHY & THE NEW STUDIO!

Our CK Business Spotlight features outstanding local businesses who have made a positive impact on our community! Let us know if you would like to be featured in one of our future issues...

Our choice for this issue's 'Spotlight' business is Rebecca Kalp, who is opening an amazing new Natural Light photography studio this month!

--



Rebecca first started to have an interest in photography in high school where she started shooting photos with a 35mm canon AE-1 from the 70s that belonged to her mother. She started photographing families and weddings 7 years ago.

Her specialty? **Lifestyle Photography**Weddings, maternity and newborns, the tear-jerker stuff! She understands the true importance of capturing those magic moments that make life worthwhile. She wants to create an experience at your session where her clients can have fun and be comfortable with getting their photos taken. Her goal is to take pictures of you being you that you will look back on and remember not only the faces and the love, but the fun you had together while taking them. She is always trying to better herself with courses and training in lifestyle photography and in natural lighting

workshops to learn various techniques that will best flatter you and create breathtaking images.

She, herself, an over-sensitive romantic has married the man of her dreams and together they have three beautiful babies that are not so little anymore! Shes knows what its like to be constantly on the go so she knows the importance of slowing down and remembering these tiny moments. This is a major reason why she loves what she does - because she can freeze these real moments time for you.



Rebecca is very excited to announce that she will be **opening her own Natural Light studio** by the end of March 2014 at **152 King Street South in Highgate Ontario**.

Rebecca shot the very first Spring cover of CK Child in 2009 and more recently photographed the 2013 Winter cover. We are

Alla's
Bowtique
For all your hair candy!
Unique handcrafted hair accessories, tutus and more.
Nancy
allasbowtique@yahoo.com
519-351-7523
where chic meets trendy

Interested in promoting your business with **CKChild?**

Give us a call at **519.359.6383** or email us at **ckchildmag@gmail.com**

Quality You Can Trust!
2012
Premium Renovator

Chatham/Kent
Home Builder's
Association

AL-MAR
HOME IMPROVEMENTS
WINDOWS and DOORS
Installations - Sales - Service

519.351.5666
www.almarhomeimprovements.com

by Trish Holmes



My love for acting began in grade seven when I performed in my elementary schools play The Wizard of Oz as the Wicked Witch of the West and I've never looked back. Then, going to a high school that's always taken the dramatic arts very seriously, I'm glad to have joined Pure Academy's acting program when I did. Now, at seventeen years old, I've been able to incorporate everything

I've learned at Pure over the past five years into everyday life. I go to UCC and have had the privilege to be involved in Lancer-LINK, Muskoka Woods, and the Sears Drama Festival. Outside of my lovely school, I have a summer job as a camp counsellor at Kenesserie camp and have recently taken a part time job at GoodLife for Women. I've also been an active member of my youth group for as long as I've been at Pure. In September, I plan to attend Niagara College for Recreation and Leisure Services and I've never been more excited to go to school in my life. I know that I wouldn't be so excited if I hadn't learned to step out of my comfort zone five years ago in Stacie Suitors Teen Rec Acting class at Pure Academy.

I began the class in the January of my grade eight year, so everyone in Teen Rec Acting had already known each other since September and were comfortable in the Black Box Theatre. It was lucky for me that my cousin was also in the class, so I basically just stuck to her side for the first three weeks. I didn't have to though, because everyone was incredibly welcoming and fun to be around. I didn't have much experience of being the new kid, but going to the class let me know how hard it was and also taught me to always greet someone new with open arms. Acting is hard and uncomfortable at first, by setting the tone of the class myself, I'm able to let the other students know that it's okay to be a little weird and crazy and to do things you wouldn't normally do outside the classroom. I've also been able to use this in school: not only is the transition from grade eight to grade nine really hard, but senior students can be really intimidating! By always smiling at the new students and keeping up friendly conversation, I've found that it helps many new students to feel more comfortable in their new school setting

and to get involved!

Last year, I was given the amazing opportunity to work alongside Stacie as her assistant. I worked with students ages 6-15 in the acting classes, mostly being a mentor to the older ones and a role model to the younger. I was so excited when Stacie asked me to join her! It was also much like my job as a camp counsellor. By being able to interact with each different age group; to know their tendencies and attitudes and thought processes, I was able to become an even better camp counsellor the year after! But not only that, it helped me to remember how I felt at their age. It's only been a few years, but I had forgotten what it was like to be a chubby eight-year-old! As I spent more time with the kids in my drama classes and saw them in all their different moods and hyper-activity (especially the mini class), it was easier to remember that they are still learning and can be quickly influenced. This has made me much more aware of a child's presence and how much my actions may affect them. Some of the greatest (and proudest) moments were the ones where Stacie and I witnessed the kids breaking out of their shells onstage!

Being a part of PURE Academy for five years has influenced my life in countless ways and I could go on and on about how much I adore my teacher and the art of acting, but no one has the time for it! At PURE, I have found that an actor is at their best when they are comfortable in their own skin. I have become so much more confident and accepting of myself and others because of this. Thank you Pure (and Stacie!) for everything!

Trish Holmes is in Grade 12 valued and talented student at PURE. She is a bright young woman who wanted to share her perspective on how PURE and the creative arts have had a positive impact on her life!

Nancy Matteis
Director
519-351-7523
senseofsmell27@yahoo.com
nancymatteis.scentsy.ca

Scentsy
INDEPENDENT CONSULTANT

BUY ~ HOST ~ JOIN

Gather the girls & party with Grace Adele!

The more friends who shop the more pretty pieces you can earn - at half-price or totally FREE!

Grace Adele
INDEPENDENT CONSULTANT

Book your party today at **519.351.7523** or visit www.nancymatteis.graceadele.ca



Interested in promoting your business with

CK Child?

Give us a call at **519.359.6383** or email us at ckchildmag@gmail.com

The Kids are Alright:

by Karen Green

SCHOOL'S (NOT) OUT! HELPING KIDS STAY ENGAGED & FOCUSED AS THE YEAR WINDS DOWN



From the return of the songbirds to the slow, slow thaw after a long, cold winter, we are finally seeing the first welcome signs of spring. But while we may look ahead to warm, sunny days, and the promise of time spent outside (not shoveling snow), our kids are still very much immersed in the school year.

In fact, spring is one of the busiest, most important times for our students and even though the end is in sight, our kids – and our schools – need our support now, more than ever.

As the chair of our school's Parent Council, and co-chair of our board's Parent Involvement Committee, I know how easy it is to succumb to end-of-the-year fatigue. The special days are harder to keep track of, the mountain of paperwork, forms and newsletters have taken over our desks, and the thought of having to make lunches for four more months is enough to make us not want to get out of bed in the morning.

But if it's becoming exhausting for us parents, think about how our students and teachers are feeling. From EQAO testing and other exams to playdays, field trips and athletics, schools are typically buzzing with activity during the last few months of the year. Helping our kids stay focused and engaged can be tough as the sun shines brighter, but there are ways to help foster our students' success as the school year winds down:

Attend school functions. Your support and investment in the school has positive ripple effects on your student, and helps foster good relationships with the teachers and administrators.

- Volunteer your time. Coordinate with teachers to help with activities, reading, and other classroom needs.
- Spring brings lots of rain and indoor recesses. Can you come in during an indoor recess break and lead students in an activity? Coordinate with the principal to implement these ideas:
 - o **Coach students** in a volleyball, dodgeball, basketball game, jump rope or hula hoop contest in the gym.
 - o Utilize **smart boards** and put on some Just Dance routines for kids to follow
 - o Volunteer to **lead a 'club'** during indoor recesses, lunch breaks or after school. Some ideas: drama, chess, Sudoku, computer science/programming, photography, crafting, art, drama, science, magic, etc.
 - o Lead a **workshop** for students – mine your area of expertise and engage with the kids. Do you have an interesting job or hobby the students might like to hear about?
 - o **Donate** those hula hoops or jump ropes
 - o **Donate** new or gently used board games to play with during indoor recess

After school:

- Talk to your kids about their day. Find a new way to ask, "How was your day," to which the answer will always be, "Fine," or "What did you learn," to which the answer will always be, "Nothing."
- Read with your kids, even if it is not assigned. Teach your kids that reading is enjoyment, not homework.
- Help your kids prep for EQAO and/or exams by encouraging them to stay calm, get enough sleep, eat well and study (if applicable). Anxiety can be high at this time, so check in with your kids regularly to make sure they are coping well.
- Get to know your kids' friends. Ask your little ones about their classmates; I guarantee you'll hear some interesting stories.
- Attend school council meetings. You'll be amazed at how much you didn't know about the interesting things going on at your school, and your input is necessary, welcome and important!

Karen Green is a mother, freelance writer, and Toronto ex-pat. She has been blogging at www.karengreen.ca since 2006, and is a writer for Bell's TheLoop.ca. She is the former parenting columnist for Canadian Family magazine, and her writing has been featured in Canadian Living, Today's Parent, and many other online and print venues. Karen's first two books for early readers were released in February 2013.

Chemical-Free Cleaners Hiding in Your Pantry



Vanilla Extract: Clean the microwave and leave it smelling sweet with this household trick! Mix 2 cups of water and 1 teaspoon of vanilla extract in a microwave-safe container, and zap it on high for five minutes. When it's done, remove the container and wipe down the interior of the oven. Any gunk should slide right off.

Coffee Filter

Wipe down all TVs, computers, other screens and mirrors with a coffee filter (minus the brew grounds!), and voila, dust-free!

Cornstarch

It's a staple for gravies, stews...and carpet stains! Just mix it with water to make a paste and treat on the spot. Its absorbing power will soak up the stain.

Baking Soda

Mix with water to create a natural cleaner that's great for everything from dirty sneakers to scuffs on walls. We love to use it to clean stainless steel in the kitchen without scratching. Sprinkle baking soda onto a clean, damp sponge or cloth, and wipe the sink clean; then rinse thoroughly.

Source: www.thenest.com

Most Common Myths for Pet Owners



Kids and pets go together like peanut butter and jelly, right? Except for when they don't Having a pet can be a wonderful addition to your family, but there are a lot of pet myths out there that can make it hard to know if adding a pet to your family is the best decision.

As a pet lover, mom and veterinarian I benefit everyday from my pets and my kids do too. They provide entertainment, vacuum up after messy toddlers, and calm me when I'm exhausted and stressed. There

is nothing more 'zen' to me than petting a cat. But, I also know many families don't have good information to take proper precautions so babies and fur-babies can live together harmoniously.

MYTH #1

IT'S DANGEROUS TO BE AROUND CATS WHEN YOU ARE PREGNANT

Cats can carry a protozoal parasite called toxoplasmosis, and

shed it in their stool. Adults and children exposed to this parasite are unlikely to have any ill effects. However, a human fetus can potentially be seriously harmed if the mother is exposed during pregnancy. Women with prior exposure develop antibodies that protect the unborn baby, should she get exposed to toxoplasmosis again while pregnant.

Not all cats have toxoplasmosis. Young cats, sick cats and those that actively hunt are more likely to be a source of the parasite. Actually the most common source of human exposure of toxoplasmosis is soil or raw meat. SO even if you don't spend any time around cats, you could still be exposed. Simple steps reduce risk of exposure to this parasite. Wash hands and avoid putting them in your mouth, especially while handling raw meat, soil/gardening, and wear gloves when cleaning the litter box. Or better yet, make someone else do it! Who wants to be crouched over on the floor when you have a giant belly or morning sickness, anyway? Talk to your doctor if you have questions or concerns, there are tests that can be run to ensure your unborn baby is not in danger

Dr Emily's perspective: I was not one of those 'laid back' pregnant women, however, armed with knowledge, I was comfortable to continue working as a veterinarian during both of my pregnancies. I handled sick and healthy cats. I was extra cautious about hygiene. I once made a panicked phone call to my Dr after handling a sick kitten, who suspected had toxoplasmosis. My doctor was calm and reassuring, and he ran an extra blood test for peace of mind.

MYTH #2

IT'S BETTER TO GET A PET WHEN THE KIDS ARE OLDER, THAT WAY THEY CAN TAKE CARE OF IT.

It is well documented that a child's physical, social, emotional and cognitive development can all be encouraged by interaction with the family pet.

They learn many valuable things like; pets need food, water, shelter and exercise; pets are dependent on people for survival, and pets need love and give love unconditionally. Also, learning how to behave safely and comfortably around pets is a valuable life skill.

That being said, identifying a child as the owner and primary caregiver of a new pet can be a recipe for frustration. Younger children are simply not capable and older kids often lack the focus, time, and/or motivation to reliably provide care day in and day out. Realistically, training a new puppy can be overwhelming for an adult! The pet may bond more to a different family member, than the child that 'owns' it, resulting in disappointment and loss of interest.

Considering the pet a 'family pet' can help reduce frustration in these scenarios. Ultimately, as the adult in the household, getting a new pet is going to require time and financial commitment on your part, no matter how much your child promises and wants to be the caregiver.

Dr Emily's perspective: Children should be encouraged to get



**THE INCREDIBLE
KD CLOTH**
Wet It • Wring It • Wipe Any Surface

Feeling frazzled at the thought of Spring cleaning?

- CHEMICAL FREE Cleaning
- Use ONLY water
- Affordable: only \$5 each!
- Reduces home allergens
- Streak Free
- Cuts cleaning time in half
- Polishes wood furniture



Introducing....
The AMAZING KD Knife

The knife **GUARANTEED** for LIFE!
Never to Break - Never to Dull -
Never to Rust! The holes in the
blade are designed to create less
friction, & allow the food to fall
away as you easily slice meat, cheese, bread, fruit or vegetables!



ONLY \$15!

ORDER BY PHONE/EMAIL/ONLINE:
519.351.4927 | **MPMULHERN@COGECO.CA**

FREE shipping!

WWW.THEKDCLOTH.COM/MICHELEMULHERN

by Emily Durbin BSc, DVM

involved in all pet care duties. But when their interest wanes, adult back up is needed. Different kinds of pets have different demands and care requirements. Speak to your veterinarian about a pet choice that would be appropriate for your family. Avoid an impulse pet purchase and do a little research ahead of time to help ensure the addition of a fur baby is great experience for everyone in the household!

MYTH #3

MY PET DOESN'T HAVE WORMS BECAUSE HIS POOP LOOKS NORMAL

Lets discuss the real scoop on poop! All puppies and kittens are born with worms, and adult pets are at risk for new exposure all the time. Worm eggs are microscopic and shed in the stool of infected animals. Dogs and cats have evolved to 'co-exist' with these parasites, so infected animals can often appear perfectly healthy, with normal looking poop!

Besides being gross to think about these worms can cause disease in people. Children are highest risk because of their immature immune systems; they put objects in their mouth, and possibly don't have optimal hand washing hygiene!

Worm eggs are very hardy and can survive in the environment (soil, sandboxes, etc) for years; long after evidence of the poop is gone. Wildlife can also be a source of parasite eggs; so practice caution even if you don't have a pet. Protect your family by hand washing, hand washing and hand washing. Did I mention hand washing? Avoid putting food and objects contaminated with soil in your mouth. Clean up pet stool right away to decrease soil contamination. Keep sandboxes covered. Do not feed wildlife or allow children to play in areas frequented by wildlife. Have your pet checked over by a veterinarian regularly. If you have any questions or are concerned your child has been exposed to worms discuss with your doctor!

Dr Emily's perspective: Chatham-Kent is a beautiful community. But many of the things I love about it, parasites love too. Mild temperatures, long growing season, high humidity, rural/urban mixed communities. These factors allow parasites to thrive and survive for long periods in the environment. Talk to your vet about a year-round parasite control program for your pets and parasite screening tests. For more information check out www.ckvets.com or www.petsandparasites.org

MYTH #4

MY PET WOULD NEVER HURT MY CHILD

Sometimes love makes us blind. Love for our fur babies is no different! Even the most gentle docile pet has weapons in the form of claws, teeth or just plain old strength and size. Children and pets can make wonderful companions, but should never be left unsupervised together. Instead teach your child and pet how to show affection for each other gently, give your pet opportunities for time outs when the kids are very rambunctious, train your pet to shadow you when you leave the room or have an easy way to separate the kids from the pets when you can't be in the same room

Dr Emily's perspective: Baby gates are my favorite invention, ever! Over the last 4 years my house has become an increasingly complex labyrinth of baby gates. Don't want baby rolling down the stairs? Baby gate! Don't want the dog's big nose in the highchair at supper? Baby gate! Want to keep everyone out of the litter box, except the cat? Baby gate!! I can find an excuse to baby gate every stairwell and doorway in my house! Although it makes getting through those areas a little less convenient, it means I can corral the human and fur children much more easily, keep everyone safe(r), and food is much more likely to get eaten by the species it was intended for (cat/dog/human)!

Dr Emily and her husband, Tony, moved from Saskatchewan to Chatham-Kent in 2003. Dr Emily recalls, "I moved here to be part of a fantastic team, at this exciting progressive veterinary hospital. And now we love it here! The people are friendly and have small town values. It means a lot to be able to raise my children in a place they can benefit from both rural and urban community".



open shutter
photography
www.openshutterphotography.com

HM: 519.678.3612
CELL: 226.626.5206
rebecca@openshutterphotography.com



Active Play, Every Day



Active play is the true work of a child. Play allows children and youth of all ages to try new things, test their boundaries, learn from their mistakes and simply enjoy being active. And while active play is fun, it's also

important for development. It's during creative active play that independent learning takes place.

However, daily schedules are often filled with so many activities, with school work, music lessons, basketball practice, and other activities, the importance of active play may not seem obvious.

Children need active play every day. Active play is considered to be any unstructured, spontaneous, or self-directed physical activity. In a nutshell, it's anything that keeps your child moving. This unstructured play allows children to use their boundless imaginations to invent fantastic games with creative and ever-evolving rules.

Current research has reemphasized the important role of unstructured active play in the physical and mental development of a child. The recommendation from child development experts is that this kind of unstructured physical play should be happening every single day.

Toddlers and preschoolers, ages 1 to 4 years, should accumulate at least 180 minutes of active play at any intensity. Children from ages 5 to 11 should have a full hour of moderate to vigorous activity. Activities can be spread throughout the day, rather than happening all at once. The aim is to find activities that cause them to breathe a little harder and their heart rate to beat faster.

Children usually don't need much help coming up with creative ideas that will get them moving, but here are a few tips to help get you started.

Early Years

Look to provide access to safe, open areas, either indoors or outdoors, where kids can move freely. Add balls and toys that encourage more vigorous play at home and outside. Traditional games like hide-and-seek, hopscotch, hot potato, or scavenger hunts are great ideas. And, make an effort to get down on the floor and play with them!

School-age Children

Access to playgrounds, nature, skipping ropes, balls and equipment will encourage active play. For safety concerns, parents and caregivers can take turns supervising kids at play in the park or on the block, encourage kids to play outside with a friend, and consider advocating for traffic-calming measures in your neighbourhood.

Make Story Time Active Time

During the next story time, why not act out the story? Have everyone take turns to mimic the actions of the characters in the books (this works very well with animal books).

Daily Routines

Start a "fun walk" around the neighbourhood after dinner – walk slowly, quickly, with heavy steps, on tiptoes, zigzag, little steps, big steps or add hops, skips and running. Look for different play spaces, like fields or nature areas, to help keep your child engaged in active play.

Put Play Back In Your Schedule

Give your child the opportunity, either after school or on weekends to decide what they want to do. Dance, go for a swim, set up an obstacle course that everyone can use (including adults), or learn a new activity together (do you remember hula-hooping? It's a great workout and the laughter is endless!).

Set Limits On Screen Time

Video games, computers, tablets and smartphones make it easy to avoid active play. Set limits to the amount of time your child spends in front of the screen or have children earn their screen time. For example, give your child 20 minutes of screen time for every hour they're active.

While it is important for a child's development to engage in active play with their friends, it is also important to remember that children learn best from positive role models. If parents will make time for active play with their children, whole families can become healthier and stronger.

Being physically active is important for a healthy, happy life. It doesn't have to involve special equipment or registration fees. The best way to encourage that physical activity is to make it fun, and make it a natural part of your family's daily life.



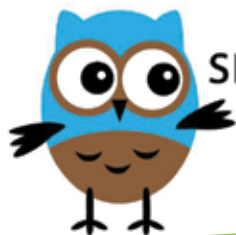
Chatham's premier karate club -
kids & adults love it!



General class: Ages 8 to adult • Junior class: Ages 5 - 7
New members are always welcome - try 2 classes **FREE!**

www.zanshindojo.ca





smARTstudio
of chatham-kent

Kids classes available on Tuesday, Wednesday & Thursday Evenings. Adult classes also available!



VISIT OUR WEBSITE FOR OUR SCHEDULES AT
www.smartstudiochatham.com

55 Forest St (old McKeough School)
Rm #15 | 519.365.2472



Ella Minnow Pea Toy Shop

We have



• 519.352.5444 • Downtown Chatham Centre •
www.ellaminnowpea.ca

BALLET, JAZZ, HIP HOP, CONTEMPORARY, COMPETITIVE & MORE!

What's NEW at DMSdance?

- Now offering classes in 3 locations: Blenheim, Wallaceburg & Chatham
- Debbie's bringing her students back to DISNEY - and this time she's bringing her NEW Chatham Disney Team from her sister studio, PURE, this year too!
- The NEW Dance PAK will be competing for the first time THIS Spring!



June
2014

★ 1542 Dufferin Ave, Wallaceburg
★ 111 Chatham St, Blenheim



519. 676.4661 or 519.352.5000

WWW.DMSDANCE.COM

Release their Potential...

WWW.PUREACADEMY.CA



 **PURE** dance
music
drama
Academy for the Performing Arts
519.352.5000

Rhiannon

CHATHAM ★ FLORENCE ★ WALLACEBURG ★ BLENHEIM