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# Welcome to the 2014 Summer 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](http://www.ckchild.ca)

## Letter from the Editor



Photo by Fairytales Photography

*Yay! Summer is finally here! Well...almost. As I prepare this letter I'm daydreaming of the upcoming summer and the fact that a little bit of much needed downtime is coming. That means Sundays relaxing by the pool and weekend getaways spent camping with my daughter - exploring nature and reconnecting. Doesn't get much better than that! The school year (and life in general!) goes by so quickly and I always make a point of taking this time of year to make sure I enjoy as much time as possible with the most important people in my life.*

*So before you plan your whole summer away, take a look at photos from last summer and see how much your kids have grown. Spend this summer making as many new memories with them as you possible can!*

*Tammy*

*Tammy Chauinard*  
Owner & Editor

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



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The cover of this issue of CK Child was photographed by Katherine of Katherine Lee Photography

Our super cute models are friends, Maya and Alessandra



*Katherine is a mother of 4 amazing boys and wife to a loving man (her high school sweetheart!). She has fallen in love with photography, and wants to help others capture all their special moments - and to capture all the beauty of this world.*

*For more information or to book a session with Katherine, visit her website at [www.katherineleephotography.weebly.com](http://www.katherineleephotography.weebly.com)*

## Dad Around Town: DIAPER BAG!



Even going on a simple family jaunt around town with toddlers requires a lot of planning and packing. No matter if the destination is a quick trip to the grocery store, a few hours at a restaurant, or an afternoon play date with friends, there is always a lot of stuff to bring along. When planning a day-long activity, multiply the number of stuff by ten. One constant accessory, which I have to admit doesn't really bother me, is the diaper bag. Questions about my

manliness have always overshadowed the practicalities of carrying a satchel that could be mistaken for a purse, but in the early stages of parenthood, lugging around all those diapers for the un-potty trained, I found that I had a perfect cover-up to carry my own stuff.

When registering for our baby shower, I kept my eyes peeled for somewhat of a manly style bag with darker tones and a sporty look to it – a Columbia brand seemed to fit the bill. It's been suiting its purpose well for over four years now and comes with us everywhere. The back pocket becomes the depository for adult stuff, like cell phones, sunglasses, lip gloss, and wallets, while the rest is overflowing with diapers, wipes, soothers, sippy cups, and goldfish crackers.

During the days before potty training, the phrase "We're out of diapers" was not good news around our house. When either my wife or I uttered this statement, it meant that one of us would be making an emergency trip to the grocery store to pick up a box of diapers. We had run out of the ones we had been stockpiling since the last sale and hadn't been proactive enough to see it coming. This often happened with my wife standing by the change table, one arm akimbo on her hip, the

other holding a solitary diaper up near her face which had a familiar expression meaning one thing – "This is the last one."

"We're out of diapers," I would spit out before she could. Grocery store here I come.

And then came the day. Or I should say THE DAY! It was a glorious day that transformed these four words into having a whole new meaning. With the simple added visual effect of an exclamation point and a bit more emphasis on the word "out," this phrase became a celebration.

"We're OUT of diapers!"

It didn't mean we had run out this time. It meant both of our little boys would not be in the habit of wearing them anymore. This came after a three-day, trial-by-fire exercise to get our two-and-a-half year old, Jonah, potty trained once and for all. And it worked. With our youngest nearing the end of his diaper-wearing days (and with no other babies in our future), we were approaching a momentous occasion in parenting and I had to ask myself if I could still get away with carrying around my cover-up for a purse. Diapers were out of our lives. But would that mean my prized diaper bag was out too? As a constant accessory we'd been taking around town for so many excur-

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by *Darin Cook*

sions, what were we to do if we didn't require it any more for its eponymous purpose? Could I pull it off without diapers in it?

There have been times when we forgot to throw the diaper bag in the car when we needed a spare diaper most of all, punctuating just how important it is to always have it handy to avoid embarrassment in public. I used this rationale to support keeping it with us. Since Jonah is in the early stages of being diaper-free, I convinced myself that an emergency change of clothes should be on hand for a while; unexpectedly messy clothes could be in our future. Plus, I could rationalize that my kids needed to be entertained whenever we leave the house, so I could justify keeping the diaper bag to fill with toys and books. I think these are a few valid reasons for me to hold on to the diaper bag a while longer to carry my stuff. So if you see a middle-aged man around town with a bag slung over his shoulder with two boys who appear to be beyond potty-trained ages, don't judge me. I'm just having trouble letting go of the diaper bag.

*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](http://www.darincook.ca)*

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## *Does Coffee Come in Bucket Size?* TAKES ONE TO KNOW ONE



Me: Whatcha singing?  
Shouldn't you be asleep?  
Kiddo #2: I'm singing about  
how people never change,  
and nothing changes over  
time. So don't worry about  
changing people, because  
they can't change.  
Me: (inner-triumphant

screams of joy that I have, clearly, birthed a Post Modern baby  
out of my love of the literature) Sorry? Aren't you 3?

Kiddo #2: Yes. I am three. And at my next birthday I will be four.  
And also, I want to have a Lego party.

Me: Ok. Well, you can only arrive at your fourth birthday by get-  
ting enough sleep between now and then.

And with that, Kiddo #2 continued singing about how people  
can't change, as though I've left and have been gone for quite  
some time.

Effectively, he's dismissed me, as he often does when he's fin-  
ished speaking of the mundane with me; I think I need to get a  
dog so that at least someone in my house can't be smarter than  
me. Like, a dumb dog, cuz the one we've got is also too smart,  
too. Ugh. Maybe I should get a pet rock.

Me: Ok, but why are you singing about people not changing?

Kiddo #2: Because they can't.

Me: Well, that's not really true. I mean, you have to want to  
change.

Kiddo #2: No. I don't think you're telling the truth.

Me: Well, like, if I want you to pretend you're Spiderman, you  
can put on the costume and zoom around, but if YOU don't  
want to be Spiderman, then when I leave, you'll take off the  
costume and be Kiddo #2 again.

Kiddo #2: (pausing to consider this) Well, it's like this: even if I  
put on the costume, I'm not the real Spiderman. And even if I  
want to be, I can't be. Nope. People can't change.

Me: (pausing to consider this) Um. Ok. But like, if you're a mean  
person, and someone wants you to be nice and you decide to  
be nice because you want to be nice, too, then you've changed.  
But if you only want to be nice so that someone you like wants  
you to be nice, then you're not going to change forever.

Kiddo #2: I think you need to go to bed.

Me: Yes. You, too.

Kiddo #2: I'll stop singing about people not changing if you  
want.

Me: Just sing about whatever makes you happy or sad. Just  
sing.

Kiddo #2: See? No change, Mama.

If I were Zach Morris, I'd be looking directly into the camera  
right now in disbelief. Since I'm not, though, we'll just assume I  
look like Captain Picard doing a facepalm and move on.

Later that night, I was discussing this, and several other similar  
issues, with Husband. The breakdown of the argument basi-  
cally looks like "Hey, our son is a free-spirit, and I don't want to  
crush his spirit, BUT he's got to listen to rules, even if he doesn't  
think they apply to him in any way."

The two of us have gone through all sorts of ways to get him to  
stay in bed at night, or to get him to listen to directions, or...

I spent, for example, 10 minutes looking for Kiddo #2 at Super-  
store because he saw something on the other side of the store,  
skipped off to investigate, and got so enthralled in whatever it  
was that he couldn't hear me whisper-yelling his name.

And when he skipped on back, and I said "Kiddo #2! You can't  
just wander off like that! It is not allowed. And it isn't safe. And it  
scared me!" He looked at me with a "what's the big fuss? We're  
together now" look on his face and put his wee hand on my  
cheek and said, "But Momma, I needed to see something. Don't  
worry. I'm back now."

Seriously? Again, I don't want to break his soul by suggesting  
there are ninjas out there who are begging to steal him when-  
ever my back is turned (although *Handmaid's Tale* plays out in  
my head every time I lose him, which does NOT help me stay  
calm.).

And, frankly, yelling at him, or giving him time-outs, or loud  
noises, simply does not do jack. He will go to a time-out, sit  
there, play or cry or whatever, and at the end of the time, he  
says what I need to hear (ie: why he was put there in the first  
place and how he will change to keep from going back there)  
and then continue on his merry way. If he was evil, this would  
be sociopathic behaviour. He's quite kind to animals and stuff,  
though, so don't worry that I'm enabling some super-serial-  
killer here.

He truly doesn't think the reason he's in time-out has anything  
to do with him. I think he thinks he's there because I'm cross  
about SOMETHING so he says whatever he figures out he's be-  
ing wrongfully accused of, does his time, and gets out of jail as  
quickly as possible. ...so that he can get back to whatever he



by Elizabeth Sunnen

was doing before he was so rudely interrupted by the adult in his life.

I think it must be like being Zach Morris-- just hanging out, watching everything going on, doing stuff, having fun, getting into trouble but talking to the audience to let us know he's not sweating it. He's got it all figured out and can get out of any jam with his giant 1989 cell phone.

Kiddo #1 is NOTHING like this, of course. She gets in trouble, she bawls her head off (with or without Exorcist fit), comes out, professes her sorrow and apologizes, AND NEVER DOES IT AGAIN. I just keep wondering what the hell is going on here. I get that they're different kids, but FRICK! This second one is KILLING ME.

So, after chatting it over all weekend, I arrived at work and was still puzzled by the whole thing. How do I get Kiddo #2 to listen to me/us without destroying who he is fundamentally? During a break, I discussed it with a few co-workers.

(Me: rehash, rehash, rehash. ...without crushing his spirit... blar blar.) And then this friend of mine looked me in the eyes & said,

Friend: Well, so you're saying that he's a free-spirit. He isn't malicious, or mean, just not concerned with the stuff that keeps everyone else in line. You said he doesn't think it applies to him. Right?

Me: Yes! (I'm clearly an expert explainer!)

Friend: And you don't know how to keep him safe, and get him to stay in bed at night, and all that jazz? I mean, I have never met him, but maybe you should ask your mother?

Me: Why? What?

Friend: Well, I mean, I haven't met your kiddo, but he sounds pretty lovable, and pretty funny, and pretty crazy and creative... so maybe your Mom could help you out?

Me: But why?

Friend: Uh, well, she might be able to help you out with Kiddo #2 because she's already had to raise YOU once.

And then she dissolved into a fit of hysterical laughter. Also, for the record, did my mother.

My mother said, "Well you should talk to your father. He can get Kiddo #2 do anything just by explaining to him why he has to do it. In fact, he used to get you to do anything just by being there. Used to drive me crazy!"

And then my dad picked up the phone and asked what he was getting into trouble for. I said, "For just figuring everything out all the time. I want Kiddo #2 to listen to me and do what I say without crushing his spirit to get him there. But don't bother telling me anything because you don't get to be right all the time."

My Dad: Oh, well you just have to tell him why. Like, I told

him he had to hold my hand on the way to the park and he wouldn't do it. So I said, "Listen, Kiddo #2, you have to hold my hand because we're walking close to the road and I wouldn't want you to trip and fall into the road by mistake."

Me: I tell him to hold my hand and he puts his hand on my cheek and says "It's ok Momma, I won't fall." And I get angry and tell him to hold onto the cart instead, and even then he won't.

My Dad: You need to tell him that he needs to hold onto the cart because the cars won't be able to see him in the parking lot. He needs to understand the reason because when he leaves you at the cart, HE knows he can find you again-- he thinks the problem is YOURS. It's YOU having a fit, not him. He probably distracted you so much you forgot to get stuff at the store, right?

And my blood boils because my dang father is right. AGAIN. It's enough to make a person MENTAL! I'm reduced to another epic facepalm. This is getting ridiculous.

Me: UGH! I'm so mad that you're right. I forgot to buy pineapple last night because I was so distracted by Kiddo #2's skippy-happy-lost stuff.

Dad: You're really gonna hate this next part.

Me: Why?

Dad: Well, before your mother got off the phone, she wrote down on a piece of paper, "Get her to agree with you. And get her to say pineapple."

Me: Wait. What? Whaaa?

Dad: I'm like The Amazing Kreskin, only better looking. But really, it's not fair. You're young. You're sleep-deprived. And, you forget that we've already raised him once, but his name was Elizabeth.

Everyone's a card-carrying Mensa member, mind-reading, comedian.

*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](http://www.DoesCoffeeComeinBucketSize.blogspot.com)*



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So get your cameras out and your munchkins ready - they could be the face on our 2014/2015 Winter cover!

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# PURE Perspective: DANCE & SOCIAL DEVELOPMENT IN YOUNG CHILDREN



Young children seem drawn to music, and from an early age, they will begin dancing when they hear it. While the physical benefits of dance are well-known, dance also brings social and emotional benefits, according to the National Dance Education Organization. Preschool

children will learn social skills such as cooperation and peer interaction as well as building self-esteem when they are involved in dance experiences.

## Communicating

According to the National Dance Education Organization's website, children learn movement patterns just easily as they learn language. Often children dance before they are able to talk. Dance can become a way for young children to express their emotions in a way they might not be able to verbally. When children are involved in learning dances, they are learning that their movements can tell a story and communicate ideas. As the NDEO states, "To the young child, verbal language and movement are entwined."

## Cooperation

According to Education.com, young preschoolers are egocentric, and can have difficulty cooperating and sharing. A child who is involved in dance classes will have more opportunities to learn about working together in a group. She cannot dance however she wants, but instead is a part of a group all moving in the same way. She will learn that she needs to stay with the group to perform their routine, and begin to see how she relates to the other dancers.

## Self-Control

Combining music and movement helps preschoolers learn to control their bodies, according to Kid-sHealth. This is an important development that

can lead to better concentration and self-control. By imitating the movements of others, your preschooler is learning to move to the tempo of the music, pay attention to the teacher and memorize simple movement patterns. These are all opportunities to build her listening skills and impulse control, helping her to be successful once she reaches a classroom.

## Self-esteem

When young children dance together, they begin to build a sense of community and appreciation for each other, according to Sparkplug Dance. Preschoolers can applaud one another's efforts and encourage each other as they dance. When your little one learns a new step or completes a dance routine, she will gain a sense of accomplishment and begin to build her self-esteem. As she learns that she can control her body and its movements, her sense of autonomy and independence grows, leading to better feelings about herself.

--

Source: <http://everydaylife.globalpost.com/dance-social-development-preschool-children-5522.html>

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## *The Kids are Alright:* THE ART OF THE STAYCATION

by Karen Green



This year has brought about a few surprises for our family, and surprises seem to always be expensive. With that (and our bank account) in mind, this summer we'll be looking for ways to maximize our vacation fun while minimizing our vacation budget. This summer, we will be staycationing.

The art of the successful staycation lies in the ability to see beyond the usual; to appreciate that we have always known, and discover that which we may have not – and to see our home as a tourist would, but with the added bonus of all that insider information we, as locals, already have.

Well, sort of have: the great beauty of a staycation for me is that I am a pretty new recruit to Chatham-Kent, and there's a lot I haven't yet seen. And the great beauty of Chatham-Kent is just that – the natural and historical beauty of our area offers so much to see and do, all within our borders, and for very little money.

But staycations also need a bit of planning and it helps to have an over-arching goal of a staycation, so this year, our staycation will be built around the following themes: family, fitness, and discovery, for less than \$100 per day for two adults and two children. Is it possible? I think it is. Here's a sample of how our days might be spent:

**Day 1: Pelee Island** for biking, birding and beaching  
Cost: \$22.50 for Ferry + \$15.00 to bring bicycles; \$25 for picnic lunch (from home)  
Total: \$62.50

**Day 2: Uncle Tom's Cabin, Underground Railroad sites, Buxton Museum** for knowledge, history  
Cost: \$20 family admission to Uncle Tom's Cabin; \$20 family admission to Buxton Museum; \$40 approx. for dinner  
Total: \$80

**Day 3: Mitchell's Bay** for hiking and swimming  
Cost: \$25 for picnic lunch (from home); \$10 for ice cream after our hike  
Total: \$35

**Day 4: Pool day** in my in-laws' beautiful backyard  
Cost: FREE!

**Day 5: Rondeau Park/Erieau** for boating, swimming, relaxing  
Cost: \$16 Provincial Park entry; \$60 approx. for dinner  
Total: \$76

**Day 6: Fairfield Museum, War of 1812 sites, Tecumseh Park-**

**way** historical driving route for education, history, ghost stories  
Cost: \$6 for museum admission, \$15 approx. for refreshments at Park's Blueberries  
Total: \$21

**Day 7: Ridgehouse Museum,** pioneer cemeteries for local history, demonstrations, genealogy  
Cost: \$10 donation, \$10 for ice cream along the way  
Total: \$20

**Total cost of a 7-day staycation\*: \$294.50**

\*Costs for gas, meals eaten at home not included.

It can be done, and it can be fun. And the best part of staying local? Not once will we hear little voices call out from the back seat, are we there yet?

*Karen Green is a mother, freelance writer, and Toronto ex-pat. She has been blogging at [www.karengreen.ca](http://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.*

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## Learning to Say Goodbye

I wouldn't trade being a veterinarian for anything in the world! As a pet doctor I get to see excited families everyday with their new puppy or kitten (or lizard or bunny etc). I help sick and injured pets heal and return home to their worried families. But I also have another important role. That role is, guiding pet owners through the death of their pet.

For many people losing a pet can be just as difficult as losing a human family member. Often pet owners are caught off guard, or feel foolish, by how much grief they feel. For families with children, a parents' grief is compounded by concern and anxiety for their children experiencing loss and grief. The loss of a pet may be a child's first experience with death.

What to expect when pet dies depends on a few circumstances. The pet may die at home, become old and sick or have a sudden serious accident or illness. The pet may die naturally, or be suffering and require humane euthanasia. Your veterinarian can council you on end of life planning. This information includes, when is the right time to say goodbye, what is involved in the euthanasia procedure, what will be done with your pets

body after death. Details like location (home visit or clinic), what family members are going to be present, and memorial option to honor your pet can be discussed as well. Being a well-informed and active participant in this process can help to lessen guilt and regret, typical feelings associated with grief.

Children grieve differently than adults, and how they express and process loss depends on individual personality and age:

- Young children, under 5 yrs old understand things in a very literal way. They require explanations that are very direct. Explain death as the body has stopped working. Children often want explanation of where the pets' body is (in the ground), and may be concerned about things like what the pet will eat and drink.

- Children age 6-12 are beginning to understand that death is permanent, but because it is such big topic to grasp still often have a magical or fantastical understanding linked to death, like ghosts and zombies

- Teenagers begin to develop a more adult perception of death. They know everything living will eventually die, and death is permanent. They may start posing questions about their own mortality. Children at this stage often turn to their peers for grief support more than their parents

This experience with grief can start to shape how a child deals with loss as an adult. What can you expect and do to help?

### How long will my child grieve?

Some children's grief experience is very brief, others much longer. Don't feel you need drag out sadness if your child has seemed to move on. If your child seems to get over the loss in a day and you're still devastated weeks later, that's very normal. It doesn't mean your child isn't capable of deep love, he has just accepted the new reality. On the other hand, your child may be very emotional (sadness, anger, unpredictable behavior), long after your grief has ebbed away, indicating they are still mourning. Or your child may seem outwardly normal, yet is still not through the grieving process. This might be expected with teenagers, but can occur in younger children as well. Children have a tendency to blame themselves in traumatic situations. Reassure your child he is not responsible or at fault in anyway.

A colleague of mine lost her young dog in a tragic accident. Understandably her and her husband were beside themselves with grief. They were anxious to tell their 3 young children that they would never see their beloved dog again. When they broke the news they cried with their kids, and cried some more. For about an hour... Then the kid's sadness resolved and they started to ask when they would get a new puppy. My colleague jokingly describes her children as having a 'one hour wash out period between dogs'. She, however, could still be reduced to tears, just saying her dog's name months later.



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*by Emily Durbin BSc, DVM*

### **How do I explain this to my children?**

Honesty is the best policy here. Regardless of how your child takes the news he will likely remember this experience the rest of his life, and be discussing it with his therapist as an adult! The level of detail and complexity depends on the child's age, but it is best to stick to a few basic facts and let your child's questions guide how many details to provide.

For example, "Buster became very sick (got very hurt), the vet tried her best but could not help him get better. He is dead now and will not feel anymore pain".

Do not describe your pet as sleeping or being put to sleep as children will interpret this literally, and can become fearful of sleep. Do not say the pet has ran away, and hope they will forget! This will only provide great material for future therapy sessions.

There is a good chance your child will not understand the first time you explain, be prepared to repeat and rephrase yourself several times. This can be an opportunity to incorporate your own views on spirituality

### **Your kid is sad – that's OK**

As Mommy's and Daddy's we want to protect our children from pain and sadness. Grief is a natural process, and your child may not understand how he is feeling and how to express it. Ask open-ended Q's, and try to not impose feelings on your child. For example, How have you been feeling since Buster's death? Vs Are you sad because Buster died? Although the child likely is sad, you're probably going to get more information from your child with the first question. Don't discourage crying or tell them to cheer up, let the sadness run its course – as hard as it is to witness. It's best not to promise a new pet or other material present to coax the child out of sadness. New pets and presents are fine. But not if they make the child feel they can no longer express their feelings. Bribing happiness creates more adult therapy session material

You are sad too. Including your child in your own grieving process can help them understand that these feelings are normal. I was 12 when I had to face losing our family dog. She was 15 years old and I had never known life without her. I was so sad my parents allowed me to stay home from school. However, I somewhat regretted that as my poor Mom clung to me crying, even my Dad cried! It was uncomfortable and a bit scary to see my parents so sad. But I never doubted that losing a pet is heartbreak and grieving is something you do as a family.

### **Letting them say goodbye**

If time permits, prepare your child that your pet is going to die. In cases of euthanasia you may want to have your child present with you during the procedure. Talk to your veterinarian about what to expect so you and your child can decide if that is appropriate.

Many families hold memorial services for their pet. This can allow an opportunity for more final goodbyes and a sense of finality.

### **Remembering your pet**

Celebrating your pet's life can help complete the grieving process and be a lovely way to honor your pet. Children can make a special craft; a memory box or you can plant a tree. Just talking about your pet regularly and sharing memories is an important part of a healthy grieving process.

### **Where to go for help:**

Ontario Veterinary College Pet Loss Support Hotline:

(519)824-4120 ext 53694

Pet loss counselors:

PetLossSupport@canada.com

Cindy Adams – (519)824-4120 x 54747

Books: *When Friendship Lives Beyond the Stars*

*The Tenth Good Thing About Barney*

*Pet Loss and Children: Establishing a Health Foundation*

*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".*

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## 10 ways to keep your kids in motion all summer long!



It's hard to believe that for many Canadian kids, summer is the most inactive season of all. Without structured programs, school physical education classes, and the active fun kids enjoy with their friends at recess and

lunch, it's no wonder so many kids are sedentary much of the summer. Visit Active Healthy Kids Canada to learn more about the need to help our kids move more.

The good news is that with a little planning and some impromptu spirit of adventure, an active summer is within reach of every family and child. With only a few weeks left in the school year, now is the time, if you haven't already, to start planning for summer.

Here are 10 suggestions to help keep the kids in motion all summer long:

- 1) Swimming lessons. They're available at no or low cost at community recreation centres throughout Canada. Swimming is a life skill that no child should be without and knowing how can give them the skills they need to enjoy so many water-based activities.
- 2) Camps. Register your kids for summer camps that engage campers in plenty of active play every day. All camps should offer a physical activity and active play component.
- 3) Get the bikes out! Make cycling your mode of transportation for the summer. Ride to visit friends as well as to swimming lessons, the local tennis courts, day camp, grandma's house, to run errands, and more.
- 4) Parks and playgrounds. Spend evenings with your kids at local parks and playgrounds. Try riding to a different park every evening.
- 5) Hire a teen to care for and enjoy active time with your kids an hour or two each day. They can take your kids on bike rides, play soccer with them at a local park, teach them tennis on the public courts, take them to the playground, organize races, teach them how to play ball hockey, plan some nature hikes, and more. This is often a terrific solution for parents with older children who have little ones with differing needs, or for work-from-home parents attempting to juggle work and kids throughout the summer.
- 6) Check out the YMCA for camps for children of all ages as well as programs for teens. The YMCA offers financial assistance to those in need.
- 7) Introduce your kids to some new activities. Canoeing, kayaking, climbing, geocaching, orienteering, mountain biking, windsurfing. Check out overnight and day camp options, as well as lessons in your community. Many people are surprised

at just what's on offer close to home.

8) Encourage older children/teens to work towards their life-guard qualifications and to accrue the volunteer hours most require for high school graduation, within an active environment.

9) Summer leagues. Check out baseball and soccer leagues in your community. They can help provide your children with the physical activity they need for health benefits, some super fun, and a whole team of friends with whom they can enjoy play dates while school's out for the summer. I often walk or run the track that surrounds my daughter's soccer turf -- I can workout while I watch the game and cheer on her team!

10) Plan ahead. Organize play dates, day trips and weekend hikes and longer bike rides ahead of time. Sure, there's something wonderful about impromptu summer fun, but with most family's whirlwind schedules, a little advance planning usually pays off.

Here's to a summer of active fun for all!

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Source: Article written by Catherine Cameron

<https://www.participation.com/10waystokeepthekidsinmotion/>



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Tiny fingers and Tiny toes do not stay tiny forever. Newborn Photography started with Anne Geddes, and has evolved from there. I have always adored babies and that stage of new parenthood. During my third pregnancy I really took an interest in directing my photography business in specializing in newborn and maternity and birth photography. I love everything surrounding this beautiful time in our lives.

Trained professional newborn photographers spend a lot of time learning to pose your baby safely and always have your child's comfort as their number one priority. Parents are always welcomed and encouraged to sit in and watch the session in my studio to ensure their baby is happy and safe. At my studio I always have a trained assistant close by at all times. When you are considering a newborn photographer ask lots of questions. Are you trained in newborn safety posing? Is a great place to start!

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