

Summer 2016

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Welcome to the 2016 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 at www.ckchild.ca

Contents

- 4** **DAD AROUND TOWN**
Prelude To Summer At The C-K Youth Festival
by Darin Cook
- 6** **POOL SAFETY TIPS**
Checklist Of Safety Tips To Follow
- 6** **WINNER OF CK CHILD'S BIKE CONTEST**
Ethan Caron
- 8** **THE PARENTAL WORDS OF WISDOM**
A Shift In Consciousness Creates A Shift In Confidence
by Dr. Chawla, MD, CCFP, FCFP
- 10** **SUPER STUDY TIME**
And The Happy Dance That Follows
by Wanda Bell
- 12** **WHEN GOOD KITTIES DO BAD THINGS**
Seeking The Solution Early On Is Better For Everyone
by Dr. Emily Durbin, BSc, DVM
- 14** **RECIPE**
Fresh Fruit Popsicles



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Letter from the Editor

Dear Friends,

Well the warm weather is finally here and our kids are out of school once again! As times are changing and our kids are consumed more and more by technology (my daughter is currently obsessed with her iPad app 'Musical.ly'), there has never been a more important time to get the kids outside! And it's a great opportunity for us as parents, to get outside and be more active too. Leading by example and being more active is something I know I need to work on and the summer is the perfect time to do this!



We will be posting ideas and local family events on Facebook and Twitter so make sure to follow us and visit our page often for the latest updates! If you have anything to share, let us know so we can spread the word. HAPPY SUMMER!

Warmest Regards,

Tammy Chouinard, Editor

Andrew Thiel, President

Mark Requena, VP / Website Development

Andrew Fraser, I.T. Specialist

Lisa Persyn, Graphic Designer

Candice Cottingham, Graphic Designer

Nancy Schlereth, Sales Manager

Karen Gore, In-House Content Writer

Renee Tulloch, In-House Content Writer



216 King St. W., Upper | Chatham, ON N7M 1E4
519.397.4444 | info@abstractmarketing.ca

One way to escape the heat this summer, is to have some poolside fun! It was a real splash photographing the children featured in this issue of CK Child.

COVER (left to right): Bryce Bear, Sadie Bear, Alex Thiel

BELOW (left to right): Bryce Bear, Elise Moccia

Here are some other ideas on how to keep the kids cool this summer:

- Visit the splash pad
- Keep lots of freezies on hand
- Set up the sprinkler in your back yard
- Toss water balloons

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Mark Requena Photography
markrequena.ca

About the Cover



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Opinions expressed in the CK Child magazine and website are the personal opinions of the original authors and do not necessarily reflect the views of the Editor and Abstract Marketing. CK Child is printed 4 times a year – Winter, Spring, Summer, and Fall

Dad Around Town

PRELUDE TO SUMMER AT THE C-K YOUTH FESTIVAL



DARIN COOK 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

If you were looking to keep your kids busy for four hours while at the same time learning about all the other things that can keep them busy for the next two months over the summer break, then the C-K Youth Festival in Tecumseh Park was the place to be on June 4th. Put on by the Municipality of Chatham-Kent's Recreation Programs department and the Optimist Club of Chatham, the festival is into its ninth year and popularity seems to still be growing; last year had 5,500 guests to the park and this year must have been at least that. I was impressed with the display of things to play on. I have never seen so many inflatables in one area. When you give my two boys, Ethan and Jonah, free access to an inflatable playground, let's just say there was no dead time except when we had to wait in line to get on the next station; but even the longest line-ups were never more than ten minutes at any given location, and there was so much to choose from that the crowds moved around the park nicely.

I am fairly certain my boys could live in a bouncy castle if I told them I was considering purchasing one for our next home. In fact, they would be so happy that they wouldn't think twice about breaking their piggy banks open to help with the mortgage. But at the C-K Youth Festival, I found out that inflatables have come a long way since the standard bouncy castle. I have always known them as cubed rubber structures with thick, bouncy floors, usually with a medieval turret on each corner and an opening resembling a fake drawbridge that kids scramble through to get inside. There were two of these types set up, but even they were modified beyond the standard. The first was modelled as a treehouse and the second, a giant aquarium complete with turtles, undersea treasure chests, starfish, and an open shark mouth as the entranceway. There was also a very tall slide in the shape of a pirate ship that my boys would go up, slide down, and get right back in line to go again. Then we got into the inflatable obstacle courses and mazes that kids navigate through by crawling, climbing, running, scaling, and sliding, all the

while bouncing along the inflated floors; these often include rock walls with inflatable qualities to make the climbing much more cushiony. There were at least five of these courses throughout the park, the most popular being the camouflaged inflatable set up like an army boot camp.

Aside from the inflatables, organizations from around town had display areas to keep children busy with activities. Just to name a few: The C-K Play Rangers from the Rec department had basketball hoops, beanbag tosses, and giant slingshots (that most kids seemed to catch on could be used to knock over foam blocks and pool noodles set up like a scene from Angry Birds) scattered around. The Rondeau Yacht Club had real windsurf boards that kids could try on dry land. Kennesserie Camp had a life-sized version of the board game Connect Four and a giant game of Jenga made from 2x4s. Young members from local gymnastics clubs, karate dojos, and dance troupes put on live demonstrations to showcase the talent in the city and advertise the types of activities and programs that children can get involved in over the summer. A couple of professional acts were centred in the park and, keeping with the energetic theme of the day, the Detroit Circus aerial acrobats and a group of hula hoop artists entertained the crowds. Not only is the C-K Youth Festival a great way to spend the afternoon by not having to leave town, but it is also impressive to see the number of activities, programs, camps, lessons, and sports that can keep us active all summer in C-K.



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Pool Safety Tips

- 1 Secure your pool with appropriate barriers
- 2 Keep children under supervision at all times
- 3 Never push others into the pool
- 4 Keep your pool water clean and clear to prevent sickness
- 5 Establish a set of pool rules and abide
- 6 Don't dive or go head-first into the shallow water
- 7 Teach children to float or swim as soon as possible
- 8 Make safety equipment available
- 9 Stay current with water safety, first aid, and CPR courses
- 10 Use non-slip materials around the pool




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Ethan Caron Age 8



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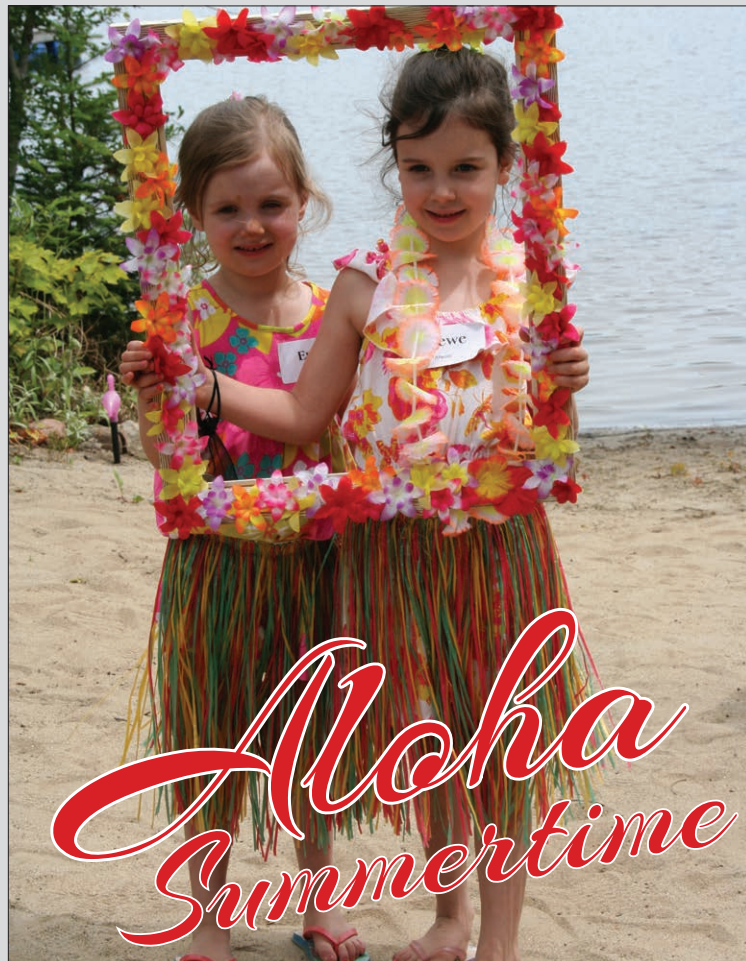
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The Healthy Habit sponsors the radio show "Insights for Health" on CFCO every third Saturday at 7:30 a.m. Experts discuss various health topics and natural remedies. Their website features all their past interviews. You can like them on FACEBOOK for additional weekly features and specials.



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The Parental Words of Wisdom

A SHIFT IN CONSCIOUSNESS CREATES A SHIFT IN CONFIDENCE



DR. CHAWLA, MD, CCFP, FCFP

is a highly sought after international Speaker, Family Physician in Chatham, Ontario, and an Adjunct Professor at the Schulich School of Medicine and Dentistry in London, Ontario.



"You won't get that right; here, let me do that!"

"Why does everything have to be so difficult with you?"

"You're never organized; why don't you put your stuff away?!"

I suspect that most parents have echoed versions of the above comments or phrases at one time or another. I know I have, and I'm not proud when I've said something of that nature. I have a fundamental belief that most parents want the best for their children. They want to teach them skills and attributes that nurture them to truly be their best.

Perhaps you have heard parents say, "I'm telling you this for your own good." I honestly believe this is the case most of the time, but on occasion we can forget how our so-called "caring attitude" is shaping or guiding our children to becoming the very thing we don't want them to be.

For example, "You won't get that right, let me do that." This statement probably comes from a momentary place of frustration or trying to be efficient in our busy day-to-day lives. I do not believe parents think their child will "never get it right," but from the child's perspective, they may only be hearing, "I can't get things right all the time."

In times of chaos and frustration, we may not be consciously present. We simply, at times, are not mindful about what we are saying. When we are mindful, we say things that aspires a child to do and be their best. "You know, I'm proud of how you worked hard and tried to solve that problem." "Your concentration was so amazing." "That was a very kind thing to do when you shared your toy with your friend." Such comments reinforces what is possible and

nurtures a child who is learning new skills and abilities. It lifts their spirit about their potential, and that you, as a parent, recognize that potential in them. Positive reinforcement taps into the child's inherent abilities to do more and give more of themselves. Have you ever noticed how much they radiate after such positive feedback? Ever notice the gratitude of love and affection in return?

When we focus on what a child does right, we honour their inherent strength and spirit. We have all done that. When we do that more



consistently, we become the parent we aspire to be and the parent our child wishes us to be. This comes from being more conscious about the words we choose and the tone in which we deliver them.

One key reminder for good parenting is to look at the very trait that you want your child to improve. For example, I have said, "Why are you so disorganized?" to my daughter. The truth is I was not conscious about the language I was using. The other truth is she's not always disorganized, but it came across that way. The reality is that she's learning to be organized... she was just a little child when I said that. The other reality is that I am not always organized in every nook and cranny in my house either. Simply stated, I wasn't empowering her to be her best. What I should have done (and later did) was look for the positive intent. Looking for the moments when she was organized in her world of arts and crafts. When I saw her being organized, I praised her for that. It reinforced that being organized is useful and important. The other important consideration is that she is a young child who is learning a new skill; I should be patient. How long have you been working on a personal attribute that you wanted to improve?

When I changed the focus of what I was seeing, it changed the focus of what I was saying. When I saw her do well, I reminded her of that instead of focusing on the times when she wasn't doing well. This shift in consciousness creates a shift in confidence in a child. Be attentive in your words, thoughts, and actions because the little things don't make the difference, the little things are the difference.

Dr. Lalit Chawla, MD, CCFP, FCFP

Dr. Chawla

CHECK OUT:

DR. CHAWLA'S MAGIC & MEDICINE WEBSITE

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DR. CHAWLA ABC NEWS ARTICLE, FEATURED APRIL 2016

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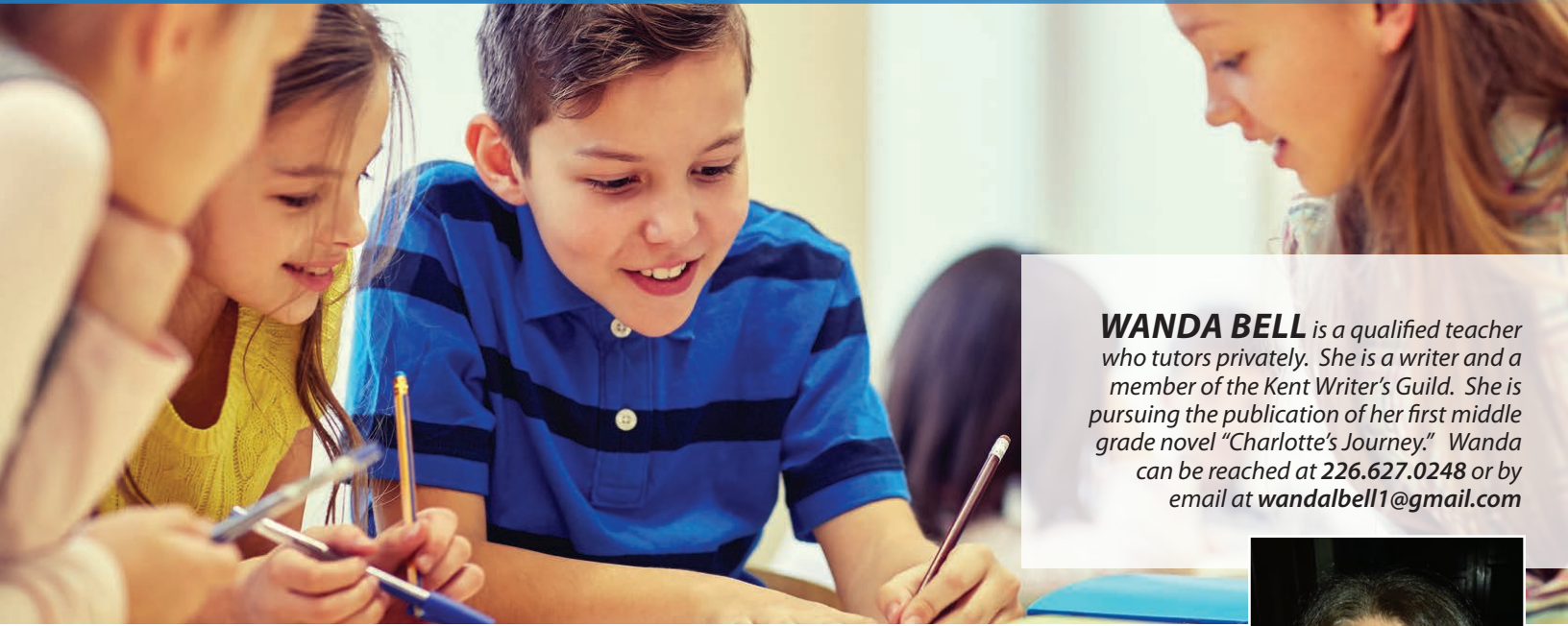
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Super Study Time

AND THE HAPPY DANCE THAT FOLLOWS



WANDA BELL is a qualified teacher who tutors privately. She is a writer and a member of the Kent Writer's Guild. She is pursuing the publication of her first middle grade novel "Charlotte's Journey." Wanda can be reached at 226.627.0248 or by email at wandalbell1@gmail.com



Kevon, one of my students, did a happy dance that was so wild and carefree that I couldn't help but laugh. He was proud of his mark, and I was delighted for him. Educators and parents alike are thrilled when the lightbulb turns on, when our children get excited about a project they are working on, and when they show improvement on their report card. We also empathize with their frustration when they make mistakes or don't "get it" when the rest of the class does. We are disappointed along with them when they've practiced, but haven't mastered the concept well enough for the test. Often they just need a little more time.

Time is relative. It may take one student a few weeks to master division, and another can be struggling with it for years. One pupil will find expanding ideas through writing a snap, while her peer will take forever to write two sentences. When your child faces learning challenges, the best way to help them improve is through practice.

A helpful strategy is to practice, and that takes time. How many hours of shooting hoops does it take to become an excellent basketball player? How many times does the pianist repeat a song before the piece sounds perfect? Just like accomplished athletes or musicians, successful students need to practice.

It takes time and discipline to develop skills, but often at school, the next unit arrives before little Johnny has grasped the idea. Teachers have to move all the students along – ready or not. There are a lot of objectives to address and sometimes individuals who still have questions or difficulty need more attention. Extra time needs to be dedicated to improving weak skills, and this usually means working at home.

Not all teachers believe in homework, and even those who do may not send it home on a regular basis. There are great debates on the

value of teacher-assigned homework. Ask your child's teacher what their view is and if they are not a proponent, be sure to ask regularly what aspects of the curriculum your child needs to work on outside the classroom.

As a parent you can create a routine for your child that instills in them a commitment to their studies and the pursuit of knowledge. This requires time. We live in a hectic world, everyone is busy, but the average child spends 28 hours each week watching TV! Steal a little of their "screen time" for homework. This scheduled study time may be just what your child needs if they lag behind in a certain subject area, or if you wish to motivate them to go above and beyond and get into that coveted nineties club. Yes, even students who generally do well can benefit from the discipline of this practice. (Pun intended)

Routine is important, so decide from the start if study time is to be every weekday with weekends off, every other day, or maybe just Tuesdays and Thursdays. Set a time (right after school or right after supper?) and find a place – a desk is good, the kitchen table works well, but if sprawled on the floor of the basement is effective, choose that! Teens tend to like to spread out – let them – as long as they are focused on studying; it's all good.

When I was a student I came home from school and before I got in the door I would be asked if the teacher had sent anything for me to complete. If so, that would be the first priority, along with eating a nutritious snack. Ants on a log, anyone? If not, then I had a choice of several things: for math I practiced multiplication with flashcards until I was an expert – and the one who always excelled in "Around

the World” games; I could read (my preferred choice), but when the book was done I had to discuss it at length or write a report; for geography I remember studying the atlas and matching capitals or flags with the corresponding country; and there was vocabulary development. We had a huge green Webster’s dictionary that weighed a ton (I still have it), and I was challenged to find meanings of new words and create stories in which I could use my expanded vocabulary.

These are all still good options, but now you can also utilize the internet which provides hundreds of interactive websites which engage and motivate kids to learn. Also, use your local library as a resource; they offer many great programs and the staff are always helpful. Play Scrabble™ or Monopoly™. (Warning: Use the older version with pretend money so calculations are performed mentally!) Visit the park and write a poem inspired by the natural setting. Journaling is another useful exercise that you can incorporate into your regular sessions, and weekly spelling and vocabulary tests are good too. I use www.aaaspell.com for grade appropriate lists. Whatever you decide to do, just make it a priority and stick with it.

Parents value the assistance I give their children as a private tutor, but I rarely teach a new topic, usually I just facilitate review and practice. This is something most parents can do – for free. Honestly, it is the student’s time and dedication that makes all the difference. An extra block of time has been set aside for studying and the child is not allowed to skip it; distractions are blocked out and focus is maintained. A reward for a job well done isn’t always necessary, but occasionally it is nice. I usually reward my students with a

5-10 minute game at the end, if they worked hard (learning focused, of course). Looking forward to a round of Boggle™ is motivating for some, while a few students like stickers or a new bookmark, and praise is appreciated by all. 50 minutes of uninterrupted practice is worthy of celebration.

You can do it! Schedule study time into your child’s weekly calendar, and get ready to watch more happy dances!





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DR. EMILY DURBIN, BSc, DVM 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 where they can benefit from both rural and urban community."



Have you ever heard anyone say "cats are useless"??? If so – ptttttt... Because cats are awesome! When making the choice to be a cat owner, Canadians are pretty similar to the rest of the western world. 38% of Canadian homes have a feline family member (compared to 35% of Canadian households owning dogs), and of those cat-owning households, at least ½ have MORE than one cat. In fact, there are more pet cats in Canada than human children. Pet cats outnumber small humans by 4:1, and in Western Europe that ratio is even higher. So we Canadians do love cats! But sharing your home with feline pals can sometimes have its challenges.

People and cats have different circadian rhythms; cats, being nocturnal snooze the day away and become active and alert at night. They have complex social structures and hierarchies; in multi-cat households they may get along great with each other, or not. Some prefer to be the solitary cat in a household while others are much happier with a buddy.

They are excellent athletes and skilled hunters, which means indoor house and apartment cats can be prone to boredom and obesity. Also, the stomach and digestive tract of these tiny tigers are designed to eat (following a hunt) several small 'mouse-sized' meals throughout the day – not just waddle up to the food bowl and inhale a heap of food. This doesn't mean cat lovers are not good cat owners; it's just a reality - as pampered and coddled as our feline-children are, living in a human household can create physiological stress for our companions. (As I'm writing this, my typing is slowed down because my cat is sprawled across my keyboard, feet in the air, snoring – clearly STRESSED...).

So it really shouldn't surprise us when our beloved cats do things to cause US stress; like wake us up at 5 AM because the food bowl is empty, push that neat stack of papers on to the floor just to see what

happens, gnaw on the house plants to see how they taste (same as last week, or different??) – only to vomit it back up on the carpet once they remember they are carnivores, not vegetarians. Cat owners are accustomed to these quirky feline-isms. But there is another problem that sometimes occurs, it seems to be a taboo subject many cat parents are reluctant to talk about, and the consequences for many cats can be life or death.

FELINE HOUSE SOILING

"My cat is peeing outside the litter box" is a concern I hear often at my veterinary hospital. And surprisingly – it's often not a new problem, but actually has been going on for while, and now one or more human members of the family are at the breaking point. Peeing outside the litter box is your cat sending you a message that something is WRONG, even if they seem perfectly normal otherwise. They are not doing it just to be a jerk – even if the spot they are peeing on seems targeted to specific family members.

If you've ever dealt with this horrifying problem you've likely felt a mix of anger, frustration, guilt, and anxiety. If you've sought advice you've probably gotten a huge range of conflicting comments like – change the type of litter, change the cat food, put the cat outside, put the cat down...

Feline house soiling can destroy clothing and flooring and create a lot of turmoil and conflict in a household. But there is hope!! Most house soilers can be rehabilitated, and the earlier you seek a solution the better for everyone!!

First things first: Try to identify which cat is the culprit; it's not always easy to catch these guys in act. Clues can be if a cat is in/out of the litter box frequently, or spending a long time in the box scratching and vocalizing, grooming genital area excessively, vocalizing more than normal, or hiding – these cats need to be seen by a veterinarian IMMEDIATELY! If everyone is acting normal you may need to separate the cats for a day or two and see if that narrows down who is performing the dirty deed.

Troubleshoot your kitty potty situation. Is your litter box clean? Really clean (not just scooped the big chunks out)? Have you changed litter types (cats often hate scented litter)? Is your cat box covered? Do you have enough litter boxes? Are they big enough?

Litter boxes need to be scooped daily and completely emptied and thoroughly cleaned frequently. The plastic box should be replaced once a year. You should have 1 box/per cat + 1 extra. Most cats prefer uncovered boxes and older cats may have trouble getting up into high walled boxes.

Next take your cat to see your veterinarian. They are the ONLY one who understands both the medical issues and behavioral concerns that might be contributing to this problem. Historically, peeing outside the litter box was divided into 2 categories: medical and behavioral. But we now understand, for many of our cats, the issues are intertwined. This is where physiological stress might play a role. Extensive research in this area has shown that cats feeling emotional and/or physiological stress actually get swelling and inflammation



of the wall of their bladder – called cystitis. This causes discomfort for the cat when the bladder is full and it can be painful going pee. In some cases, it can even lead to life-threatening bladder obstructions.

If your cat is peeing outside the litter box, even if it's just occasionally, your cat doesn't feel well and it is a cry for help. I understand the stress and anxiety this causes, my last cat was a rehabilitated carpet soiler and I help families everyday that are at their wits end with this problem in their household.

Once you have your cats' litter box issues figured out you can get back to "happily" cleaning up regular cat messes like tipped over plants and that slimy hairball on the floor beside your bed!!

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Fresh Fruit POPSICLES

INGREDIENTS

- 1 peach, cut into 1/2-inch slices (1/2 cup)
- 2 kiwis, peeled and sliced into 1/4-inch rounds
- 3/4 cup strawberries, finely chopped
- 1/2 cup blueberries
- 1/2 cup raspberries
- 2 cups of fruit punch or 100% white-grape juice

DIRECTIONS

- Combine fruit in a mixing bowl, and arrange the mixture into 8 3-ounce popsicle molds.
- Pour enough juice into each mold to just cover fruit.
- Insert popsicle sticks and freeze until solid (about 6 hours).



Make meal time family time



Regular family meals, away from TV and other electronic distractions, are good for children's health in many ways. Researchers say that children in families that eat together often are less likely to drink sugar-sweetened beverages or eat foods high in sugar. Family meals also seem to increase the amount of vegetables children eat.

Make water the drink of choice at family meals.

Water - the Wonder Drink!

The Healthy Kids Community Challenge is all about helping Ontario kids make healthy choices. Our community is one of 45 across the province chosen to be a part of this special project. That means new ideas and programs are coming to our community – things that make it easier for kids to be active and eat healthier. These are the keys to good health as our children grow up and become adults.

Water is best

Encourage your kids to drink water when they are thirsty. It is much better for them than drinks with sugar added.

We all know healthy eating is important for growing children. So is healthy hydration. Our community is looking for ways to make it easier for kids to choose healthy drinks more often.

Water is the natural choice for kids to stay hydrated and healthy. Water makes up more than half of a child's weight. They need a steady supply to keep their bodies working and growing properly. Water contains no sugar, calories, additives, preservatives, or caffeine. And it's free. Make water the easy choice for your kids – and keep them sipping throughout the day.

How to make water the first choice

Make water the 'new normal' in your home:

- Keep pitchers of water on the kitchen counter or in the fridge for everyone to grab a drink from throughout the day.
- Put water on the table at mealtimes.
- Fill up re-usable bottles of water for the kids to take to school and sports activities.

Milk: another healthy choice

Plain, unsweetened milk is another healthy choice for your thirsty kids. Milk also gives them some of the calcium and vitamin D they need each day. For those who cannot drink milk, unsweetened, fortified soy drinks are an option.



Babies thrive on breast milk. Health Canada encourages mothers to exclusively breastfeed infants until 6 months. Most babies breastfed in this way do not need additional water before they are 6 months old. Avoid giving babies juice, cow's milk, or other liquids until they are a year old. Continued breastfeeding has many health benefits for children up to the age of 2 and beyond.

Other healthy choices for kids

100% fruit juice (no sugar added) should be an occasional treat—no more than about a 1/2 cup per day. While juice contains some nutrients, it also has a lot of calories. Support whole food options instead. Teach kids that eating a piece of fruit or some cut-up vegetables is a better choice than reaching for juice. They'll get important nutrients and fibre, and will feel satisfied longer. Children and youth who eat vegetables and fruit five times a day are less likely to be overweight or obese.

Be your kids' best role model

If you make drinking water and choosing healthy options like fruit and vegetables a routine at home, your kids are more likely to make healthy choices throughout the day. That's especially true if children see that the adults they are with during the day, such as teachers and day care workers, make the same healthy choices.

Let's get started!

All kinds of groups will be joining forces in our community to support the Water does Wonders theme. There will be awareness campaigns and new policies and programs, all aimed at making fresh drinking water easy to access in the places where kids spend time

Remember: water is essential for good health. It's the simple, convenient, low-cost option for quenching thirst. Let's encourage our kids to make water their first choice!

Learn more about healthy behaviours for our kids at
www.health.gov.on.ca/en/public/programs/healthykids



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4 GRAMS
OF SUGAR



HEALTHY KIDS

COMMUNITY CHALLENGE

Research has shown that when children are used to drinking at a young age, they are more likely to drink water later in life.

From 0-4 years, kids' early eating preferences are set laying the foundation for their eating habits.



Beverages amount
for almost

1/2

(44%)

of kids' sugar
intake every day.

FRUIT JUICE VS FRESH FRUIT



As kids get older, they drink
more sugar-sweetened beverages.

Sugar intake equals:

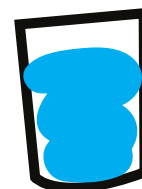
Higher risk of Heart Disease

Link to Type 2 Diabetes

One study found that each additional
sugar-sweetened beverage per day,
increases the risk of a child becoming
obese by 60%.

60%

Sugar-sweetened
beverages are the
largest source of sugar
in kids' diets.



Water contains:

0 Sugar, 0 Calories
0 Additives, 0 Caffeine