

# CANADIAN family

GUIDE  
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## 15 YUMMY CUPCAKE RECIPES

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for dinner! P.65

First aid  
updates you  
need to know

SUPERFOODS FOR  
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MOMS P.27

Adorable DIY  
Halloween  
costumes  
under \$18

Celebrating 15 years of

# HEALTHY HAPPY FAMILIES



\$4.50

OCTOBER 2011

**15** OUR FIFTEENTH BIRTHDAY!

# CANADIAN family

## LET THE CELEBRATION BEGIN

Canadian Family is having a *15<sup>th</sup> Birthday Bash* and we want you to be there! Join us for a fun-filled day of activities for the whole family



### PARTY WILL FEATURE:

live music and entertainment by Kidomo, a Sony PlayStation gaming zone, a Sony photo booth, Fisher-Price playground, Little Tikes play area, Nature Clean scavenger hunt, fall fair-themed food, prizes and so much more....

**WHEN:** Sunday, September 18, 2011

**WHERE:** Evergreen Brick Works  
550 Bayview Avenue, Toronto

**TIME:** 11 a.m. to 4 p.m.

**FREE ADMISSION  
FOR THE ENTIRE FAMILY  
RAIN OR SHINE!**

SPONSORED BY:

**little tikes.**

**PlayStation.**

**Fisher-Price**

**SONY**  
make.believe

**Tethouse** natureclean

**CheeCha Patis**

ENTERTAINMENT BY:

**kidomo**  
big events for kids and families

VENUE:

**EVERGREEN  
BRICK WORKS**

RSVP today by emailing us at:

[RSVP@canadianfamily.ca](mailto:RSVP@canadianfamily.ca)

Visit [canadianfamily.ca](http://canadianfamily.ca) for more event details and to find out about all the ways we're celebrating.



**"I want to be a lumberjack. I think people will always make houses out of lumber."**  
**—Dexter, 4**

## TRAVEL

### the biggest changes in travel, now versus 15 years ago

♦ Travelling as a family is much more common now, with growth in multi-generational travel responsible for a major part of this trend—grandparents now routinely take vacations that involve both their kids and their grandkids.

♦ The Internet has revolutionized the way that we decide on our vacation destination and plan and book our trips.

♦ The growth in low-cost airlines has made the world more accessible by air and has driven down airfares across the board.

### recent trends that we can expect to continue into the future

♦ Social networking is rapidly changing the face of travel. From Facebook to Twitter, we are increasingly using these sites to discover new destinations and, once we experience them, to share those experiences with family and friends.

♦ With the fast pace of life and increasing work pressures, families are taking shorter vacations—often just three or four days wrapped around a weekend, although these are taken with greater frequency. And

families are travelling to destinations closer to home. "A travel time of four to six hours, driving or flying, tends to be the sweet

#### OUR EXPERT

♦ **Peter Yesawich** is one of America's top travel experts who is frequently called upon by newspapers and magazines (*New York Times*, *Newsweek*, *Wall Street Journal*), as well as television and radio networks for commentary on travel. He is also a partner in his firm, Ypartnership, and has worked for some of the world's best travel and hospitality brands, including Walt Disney World, the Fairmont Hotel, and Marriott International.

spot," says Yesawich. "For Canadians vacationing in the States, the same goes for people who are used to driving to the same spot."

♦ Kids are now more involved in choosing the location and in helping plan because they are tech-savvy and have online skills in the planning process.

♦ Surveys show that more children choose their preferred travel destinations now more involved in the process. These park vacations continue to increase.

♦ Despite an overall decline in travel agents, the industry probably won't spell its demise. "The irony is that in a few years a growth in traditional travel agencies and weird observations of growth is among those ones who are most likely to survive," says Yesawich. He says that travel agents have the lead

## more dads stay home

The majority of families in Canada are dual-income, but among single-income families, the number of stay-at-home dads has jumped from 7% in 1996 to 12% in 2009.

## connect your family to nature and we'll have a bright future

BY PETER ROBINSON, CEO, DAVID SUZUKI FOUNDATION

Connecting our children with nature in their everyday lives is one of the things we can do to bring about real and meaningful environmental change in the world. At the David Suzuki Foundation, that means getting children outside into the world rather than through TVs, computers or on YouTube.

Technology will continue to play an important role in our lives, but it is the connection between ourselves and the natural world. Nothing can replace the outdoors, whether it's digging in a garden, exploring a swamp or hiking. To help our children to be more environmentally responsible, we have to show them. We have to emulate the right behaviours and teach them why environmental protection is important. We don't respect or value things we don't understand. And we can't do that without experiencing it.

In 15 years, we hope that more children will walk or bike to school. We hope there will be more backyard gardens, better outdoor education. We hope people will consider the environment when they cast their vote in an election. We hope kids outside more to play and explore the wonders of nature. That way we can all be better and want to take action to protect what they have grown to love.