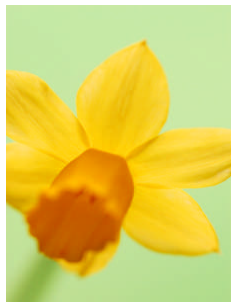


Mom's Moments

www.momsmoments.ca

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A Note from Anna

Simplify... organize... plan... these three words can really compliment each other! I am coming out of a real clean-sweep of my life. I craved a household that allowed me more quality time with my husband and children, a ministry that was rewarding and fun, and a social life that made room for essential "alone time."

I found a few necessities to keep amongst all the clutter, and a few resources that helped me "spring clean" my life.

This issue of Mom's Moments gives ideas for cleaning out the clutter in your life - leave lots of space for the things you REALLY want to be there!

Heart and Home - More than just pictures Special stories, reflections or traditions from your family

I know that when someone mentions scrapbooking you think tons of work and the need to be creative but don't fret, it's not that bad. I'm not very artistic but a friend of mine became a consultant for a scrapbooking company (Creative Memories), and she asked me to try it out. I was surprised with how well my first page turned out and how easy it was to accomplish.

One of the things I enjoy about scrapbooking is our monthly workshops. It gives me a chance to spend some time being an individual again and not a mother or a housewife. It also allows me some time to work on my scrapbooks. It's difficult to get anything done at home with a toddler running around the house.

Now my pictures get organized into beautiful displays. They may not be as fancy as some but they tell their story a little better. I prefer my pictures dressed up in chronological order and try to keep up year by year.

I've made a few albums for special occasions. When my husband and I bought our first house, it needed major renovations. I took tons of pictures and have started the house's very own scrapbook. (It's not quite done since the house isn't either!) And with the birth of our first child, I've started an album for my daughter, Aidan.

I've also made scrapbooks for gifts. When my friend moved to Ecuador, I made her a scrapbook filled with pictures and notes from her friends and family. She was so thrilled to receive such a personal item.



By Lauren Raymond, Sudbury, ON

Editor's Note: Consider taking up scrapbooking to preserve your family memories! It's easy to do and there are several options available to you... many stores carry supplies (even Dollarama!) and there are various computer options out there. Have fun!

Take Action, Help Out!

Challenge others to help those in need

Making a difference can be so simple. With just one click you can help accomplish all of this in one year:

www.thehungersite.com

49,612,616 cups of food

www.thebreastcancersite.com

16,000 mammograms since 2000

www.thechildhealthsite.com

health services for 520,983 children

www.theliteracysite.com

307,568 books for children

www.therainforestsitesite.com

348,600,625 square feet of rainforest preserved and protected

www.theanimalrescuesite.com

37,284,227 bowls of food for sheltered animals

These sites are linked together, so click on one & click on them all!

Info Corner...

Splashes of Spring Photo Contest

Send in your favourite Spring photo - deadline is April 15th. Winner will be featured in the May newsletter and wins a \$25 gift card (see our [Bulletin Board](#) for more info).

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Check It Out! Books & resources from our readers

www.peelregion.ca/health/obesity/resources/pdfs/cookbook.pdf

For moms of young children: This resource from the Region of Peel is full of nutrition tips, portion size info, recipes & meal planning ideas - all in one helpful document! - **Caroline**

Gran's Garden - Welcome back for another season of gardening tips!

Hello Again! Hope you all had a great winter. Here in Southern Ontario we had a very snowy one. I still have snow all over my garden but I am hopeful!

Here are a few thoughts to get you ready for the gardening season:

- April is the time we clean up all those leftover branches that fell and newspapers that blew in during the winter.
- Take a look at your winter-scape if you still have one.

Do you need to add a birdfeeder or evergreen for added winter interest next year?

- I hope the bulbs you planted last fall are all poking their heads out from under the spring soil. Take note if any didn't make it or are looking less than healthy and replace them with something else.



- The soil needs to be broken up in spring and a Triple Mix of topsoil put on top to give your shoots a good start.

- This is a perfect time to thank our awesome God for the beautiful renewing of our gardens and the promise of what's to come.

Until next time,
Go Play Outside!

By Lynne Collier, Kendal, ON

A Quiet Moment - Inspirational thoughts from the Bible

"Blessed are those who mourn,
for they will be comforted."
Matthew 5:4 (NIV)

We have all experienced sadness or grief in our lives - whether it's losing a friend or family member, or living with unrealized dreams and ambitions, or regretting decisions and experiences from our past.

Life certainly isn't easy and hard times are inevitable. It is normal to mourn, but there is hope for us in this verse. There is a promise from Almighty God, and He CANNOT break a promise.

God doesn't say we will understand. He doesn't say we will

never be angry and confused. He simply says we will be comforted.

What has that comfort looked like in your life? It might be hard to see, you might have to search for it. It might be hidden in a special card, the chorus of a song, a conversation with a friend, or a passage of scripture.

When our middle son was still-born five years ago, I found comfort in the passing of time - each day was easier than the last.

God gives us His promise, He can be trusted, and you WILL find comfort. **- Anna Sklar**



Are you a working mom?

Share your tips, time-savers, and helpful resources to help others find balance!!

Email us at:
contributions@momsmoments.ca

Also access many resources just for you by visiting:
workingmom.com

My Story - Working Moms... A Balancing Act!

Encourage others by sharing your times of joy, sorrow, triumph or struggle

Who's kidding who? Balancing life is tough! Being at home is a full-time job in itself: spending quality time with loved ones, keeping the house clean and those living in it fed, taking the kids to their activities, exercising, hobbies and other commitments... add work to the mix and that's two full-time jobs! It's an impossible feat, yet women do it every day!

I went back to work full-time in September after having been on leave for two years, since the birth of our second child. During my two year leave, I really grew into my role at home. I was truly fulfilled as a person caring for my family and balancing other commitments. I did not feel the *need* to return to work as I did after having my first, but an opportunity presented itself that I couldn't pass up. So here

I am well into the rush of things, and I find myself thinking of the advice I read in the Spring/Summer 2007 issue of [Glow Health Magazine](#)... If you're trying to balance life's demands (*you don't have to be working full-time to be struggling!*) consider keeping a "behavioural diary" for two weeks, where you log how you *actually* spend your time in your normal days:

- Hours spent working (*log productive and wasting time*)
- Hours of quality time with loved ones (*don't forget your spouse!*)
- Hours spent on hobbies, exercise, etc.

At the end of two weeks, you might be surprised to discover what's on paper! Identify activities that are non-productive time traps, and areas of your life that

are being neglected. Then set goals and make plans: date nights with your spouse, time with the kids, exercise, meal planning, find ways to be more efficient when at work... learn to say NO to extras that pull you in different directions!

I have become very aware that how I spend my time is a conscious choice that takes effort, better planning and let's face it, discipline! I am now expecting our 3rd child and looking back, I have learned so much in the past years about being a mom (*the learning continues daily!*). I know that above all, I need to prioritize quality time with my family. I cannot allow myself to forget that home is the *ONLY* place where I am not replaceable... I am MOM! That truly is my most important job in life.

Mélanie Heffern, Newmarket, ON

Good Eatz - Share Your Recipes!

One Chicken-Three Meals! Great for small families!

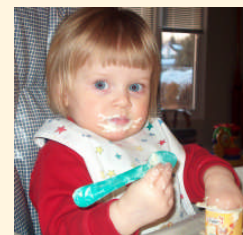
1. **Chicken in Crock Pot** - Cook 3-5 lb chicken on low heat 8-10 hrs or high heat 4-6 hrs. Place whole chicken on top of chunks of carrot, potato and onion, pour ½ cup water over top, and sprinkle with salt and pepper. (*For larger families consider cooking 2 chickens in the oven*). Freeze leftover chicken pieces in two batches - for the following:
2. **Chicken Nachos** - Sprinkle chicken on top of pan of nachos. Add grated cheese, salsa, green pepper, red onion, etc. Bake at 350°F for a few minutes, top with sour cream, shredded lettuce, or whatever you like!
3. **BBQ Chicken Pizza** - Use home-made or store-bought pizza crust, top with equal mixture of pizza sauce & BBQ sauce. Add cheese, chicken pieces & red onion. Cook according to package directions.



Health Nut - The 10 Commandments of Healthy Eating for Parents

Health-related articles, exercises or nutrition facts that promote wellness in a nutshell

- I. Thou shalt not force, bribe or coerce thy child to eat.
- II. Thou shalt set a good example by eating at least five fruits and vegetables, three whole grain products, and three dairy servings per day thyself.
- III. Thou shalt make meal-times pleasant.
- IV. Thou shalt encourage thy child to help in meal planning, preparation, and cleanup.
- V. Thou shalt back off when mealtime becomes a power struggle.
- VI. Thou shalt accept food "binges" as phases that will eventually pass
- VII. Thou shalt accept the fact that thy child is an individual and thus will dislike certain foods (and there may be many)!
- VIII. Thou shalt not give up on introducing thy child to new foods. Thou shalt realize it sometimes takes ten tries to get a child to accept a food.
- IX. Thou shalt use this division of responsibility for eating: As the parent, thou art responsible for deciding when and what to serve. Thy child is responsible for deciding how much (if any) will be eaten.
- X. Thou shalt give thy child a multivitamin-mineral supplement if he is a picky eater.



Brought to you by
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izing in pre/post-natal
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(Taken from www.sparkpeople.com
by Becky Hand, Dietician)