

Mom's Moments

A newsletter for moms to share stories, resources, scripture, thoughts, recipes and practical ideas to encourage each other as we connect and navigate our roles as women and mothers. Send contributions to contributions@momsmoments.ca

A Note from Anna

SPRING IS HERE!!! For me, this season has always meant new life. My world comes alive with sunshine, flowers and children's laughter. Winter jackets and boots are stored away, windows are opened, and there is a freshness that flows through the air and through our lives. This issue of our newsletter focuses on new life. Speaking of which...Mom's Moments will experience new life in May: We will be launching our new website! Check it out next month...

My Story - Struggling with infertility

I have been asked to share my story about infertility. I hope that by sharing it may help others who are not sure which path to choose.

My husband and I were diagnosed early on in our attempts to conceive with infertility. We had both male factor infertility as well a blocked tube for me. Our chances of conceiving naturally were 1%. We had a big decision to make.

Do we wait and believe that the child we want will be given to us or put our trust in the doctors that they can help this miracle along? We did want children and I, personally, did not want to keep waiting, already in my 30's I wanted a chance to be a Mom. We decided to give fertility treatments a go. There are no guarantees and there is a lot to go through, but we felt that this is what we were to do. Our first round of treatments worked for us and our miracle arrived and is the joy of our lives.

I had struggled with doing IVF as I felt that I should have been given the children I wanted. But, when I was carrying our son God gave me his name, so I would always know that he was a gift to me. The doctors were just other gifts that God offered to bring our son to us.

Since the birth of our son we were blessed with four miracle natural pregnancies, three of which ended in miscarriage and finally an ectopic pregnancy, which resulted in surgery making natural pregnancy not possible. Not wanting to give up on having more children after so many losses we once again turned to the doctors. And we are now expecting our second child.

So many times, I asked God why I had to go through all these losses and why had I been chosen to endure this. I feel it is so I can share my experiences and let others know that they are not alone. God has given us other ways and opportunities to have children through the doctors that He has provided for us.

- Anna E., Ottawa, ON

"For you [God] created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:13-14

Note: We at MM recognize that infertility is more common than many realize, and that it takes a great toll on families. We acknowledge that women choose to cope differently; some opt for fertility treatments, some adopt, others remain childless. There is by far NOT one answer for all, but all must seek God for direction.

A Candid Moment- Send your pictures along!!



Looking Up! Picture from Caroline, Ottawa, ON

Easter Thoughts

We celebrate Easter at the perfect time of year. Easter arrives on our calendars just about the same time as spring. New life fills our senses and our hearts. The buds and blossoms of the season compliment the hope and love in our lives as we remember Jesus. He died to free us of our sin, and He rose to give us new life. Ponder on it as you watch your world come alive! - Anna

Dying Easter Eggs.. The all natural way!

Here's how... Put a single layer of eggs in a large saucepan and cover with water. Add a little vinegar. Then add one of the natural dye substances from the list below. Bring water to a boil. Reduce heat and simmer for 20 minutes. Remove any of the natural substances remaining. Drain eggs. For a darker color, let them stand in the natural dye overnight. Have fun!!

Natural "Dyes": **Blue:** canned blueberry juice

Green: spinach leaves

Orange: onion skins

Red: beet juice or chopped fresh cranberries

Yellow: lemon peels or ground cumin

Beige: strongly brewed coffee/tea

- Shared by Wendy, Cincinnati, Ohio, USA

Must Read! *Melanie and Anna both read this recently and it IMPACTED us - so we're passing the idea along to you ladies!*

Choosing to Cheat: Who Wins When Family and Work Collide?

By Andy Stanley. Description: "Work. Family. Church. Hobbies. Fitness. Housekeeping. Socializing. Sleep. With only 24 hours in each day, we simply can't fit everything in. And what we choose to cheat is a clear announcement of our values. When you come home an hour earlier, miss a round of golf, or let the dishes sit while you play with your child, you make your family feel valued and secure. Bestselling author Andy Stanley helps you restore your vision of what really matters, and guides you in making courageous decisions about your time."

We welcome all comments or questions about any of the contents in our issues. We can also direct your emails directly to our contributors (ie. on infertility etc.). Email melanie@momsmoments.ca

A Quiet Moment - Inspirational thoughts

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." Philippians 4:8

Winter is almost over. The snow is melting, the birds are singing, and tiny blades of grass are appearing. Open the windows, feel the cool, moist air on your face...spring has arrived! As you watch your world blossom with new life, allow yourself the same freedom. Bring new life to your thoughts and your conversations. Focus on the praiseworthy, the excellent, the true and the noble things in your life. Dwell on what is right, pure, admirable and lovely. If this suggestion seems too hard in your present circumstances, let your positive mental list start with just one thing - you are a mother. Maybe it will take a few minutes, hours or days to find another positive, but keep trying, and your list will grow. A positive mindset is a valuable resource that we can draw on to encourage ourselves and each other!

Family Easter Traditions - "The Jelly Bean Prayer"

We can use those brightly colored jelly beans our kids love to share the promise of Easter by teaching them this prayer...

Red is for the blood He gave.

Green is for the grass He made.

Yellow is for the sun so bright.

Orange is for the edge of night.

Black is for the sins we made.

White is for the grace He gave.

Purple is for His hour of sorrow.

Pink is for our new tomorrow.

A bag full of jelly beans, colorful and sweet,
is a prayer, is a promise, is a special treat. May the joy of
Christ's resurrection fill your heart and bless your life.

Have fun with this! Your kids will love playing with jelly beans, grabbing each color as you read the poem. You can even make a game of remembering what each color represents.

Then, whenever they see jelly beans, they'll remember!

- Shared by Wendy, Cincinnati, Ohio, USA.

Take Action... Help Out!

Seven year old Shane Bernier of Lancaster, Ontario is a patient receiving treatment for Leukemia at the Children's Hospital of Eastern Ontario.

On May 30th, Shane will be turning 8 years old. HE HAS A DREAM... to receive the largest amounts of birthday cards so that he can be entered into the Guinness Book of Records. Let's help make his dream come true.

SEND SHANE A BIRTHDAY CARD TO:

Shane Bernier, P.O. Box 484, Lancaster, ON, K0C 1N0

Reader Reactions

"Bravo on your newspaper and connecting the community."

Lisa, Fergus, ON

"Ladies, FANTASTIC. Way to go. :)" - Nicolle, Ottawa, ON

"Thanks for a great newsletter...You've done a great job".

Jean, Huntsville, ON

"Thanks! Another good issue. I especially liked Diana's article on Perspective. Keep up the good effort! and God bless those efforts richly" - Sue, Westport, ON

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." Harold Whitman

Heart & Home - Homeschooling with toddlers underfoot

Editor's note: This applies to all who have older siblings with a toddler around, whether you homeschool or not, so read on!!

While I have at one time or another found the responsibility of looking after a two year old and concentrating on topics with older children at the same time, overwhelming, I have arrived at a new feeling. One way to make this situation work is to include them, colouring at the table, playing along side us, or to be flexible and work with the older ones when the little ones are napping. Lately I look at the whole situation in a positive light. The little ones underfoot bring a life to the house. They actually create many teachable moments for selflessness and compassion. They are our humour breaks as we watch their antics. They relax the atmosphere and remind us to take a break and dance together. They create opportunities for older members of the house to practice what they know as far as playing school (or leading games) with this unsuspecting 2 year old, imparting all their letter, number and colour knowledge with the confidence of a grown teacher. They allow the older ones to read aloud to an appreciative audience and help the reader develop style and expression. (I saw a reading program where the children read to dogs to relax them and feel their efforts accepted by the dog, I thought I don't need a dog they have younger brothers and sisters for that!!!) In the developing of consultation, co-operation and patience, there is no better practice at these skills than with a two year old. Maybe the challenge was not as great as I thought, but my ability to see the gift in front of me was!

Humble observations of a 10 year homeschooling veteran.

- Lisa Sutherland, Fergus, ON

Good Eats! - Share your healthy food ideas!

This is my new favourite recipe!! So easy--yet so good! - Mélanie

Pork Tenderloin with Lemon and Herb Marinade

1 lb. pork tenderloin

Grated rind and juice of 1 lemon

2 large cloves garlic, minced

2 tsp dried basil (or 2 tbsp fresh)

1 tsp dried thyme (or 1tbsp fresh)

2 tbsp chopped fresh parsley

1 tbsp olive or canola oil

1 sweet green pepper, cut in squares

2 onions, quartered and separated into pieces

16 cherry tomatoes or fresh pineapple chunks

- In bowl, combine lemon rind and juice, garlic, basil, thyme, parsley, and oil. Cover the pork well with the marinade. Cover and let sit in the refrigerator for 4 hours or overnight (it's still good if you don't have that much time to let it marinate!)

- Place the tenderloins in a roasting pan/casserole dish.

Place tomatoes, onions and green peppers all around the pork. Bake at 425°F for 30-40 min. (internal temperature of pork should be 160°F). Serve with a salad, rice and anything you like! The tomatoes burst in your mouth!! Enjoy!

Recipe adapted from **Anne Lindsay's The New Lighthearted Cookbook --Recipes for Heart Healthy Cooking.**

Did someone forward or pass on Mom's Moments to you?

Email melanie@momsmoments.ca to be added to the list.

Health Nut - ALL ABOUT FEVERS

In this season of colds and flu, I felt it important to share with you information regarding fever. As a parent, I always worry when my child has a fever. As a Nurse Practitioner, parents often come for answers to their questions about how to treat a fever, and when to go to the clinic. I hope these next few paragraphs will help clarify some of your questions.

What exactly is considered to be a fever?

Fever is defined as a rectal temperature greater than 38°C (100.4°F). Keep in mind that if you are taking the temperature orally (*by mouth*), you will need to add 0.5°C for accurate comparison with the rectal temperature. Axillary (*armpit*) temperature is 0.5°C lower than when taken orally. Therefore add 1°C to your axillary reading to compare it to the rectal temperature. Tympanic (*ear*) temperature has been proven to be the same as the rectal temperature if using on a child older than 3 months of age. I recommend taking the temperature rectally in infants for accurate readings. If you are not comfortable with the technique (and it is very important that you are), ask your primary health care giver to teach you the proper method.

Please be reassured that fevers of 38°C-40°C (100.4°F-104°F) are not harmful. Fevers do not cause "brain damage" unless the temperature stays beyond 41.7°C (107°F) for hours.

When should I seek medical advice?

If your child is an infant (0-3 months old) and has a fever (38°C) you should seek medical attention because of the increased rate of serious infection in this age group.

For children older than 3 months, a fever (<39.3°C) in a well-appearing child and no focus of infection should be treated as shown in Table 1 below. If your child has had a fever for over three days (despite treatment with antipyretics such as children's Tylenol, Motrin or Advil) and is not looking well (lethargic, not voiding well, irritable, pulling at their ears, loss of balance, etc.), please seek medical attention. If your child is having difficulty breathing, do not wait, but rather see your primary health care giver or the emergency department right away. Better be safe than sorry!

How can I treat a fever safely and effectively in my child?

Table 1. (Adapted from M. William Schwartz, et al. (1999). *Clinical Handbook of Pediatrics*, 2nd Ed.) *see Note following the table

Rectal Temperature	Action
38.0°C-39.0°C (100.4°F-102.2°F)	No need to administer acetaminophen or ibuprofen; remove excessive clothing or blankets
39.1°C-41.2°C (102.4°F-106.0°F)	Do not overdress child; maintain cool environment
	1 st line therapy* Acetaminophen (Tylenol) 15 mg/kg/dose every 4 hours
	2 nd line therapy* Ibuprofen (Motrin, Advil) 10 mg/kg/dose every 6 hours

*Note that if your child's fever is not responding to Acetaminophen alone, you may give Ibuprofen at the same time for the first dose. The following doses will differ in times as Acetaminophen is given every 4 hours and Ibuprofen every 6 hours.

Does my child need antibiotics?

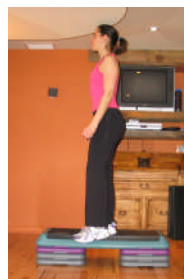
Fever does not equal the need for antibiotics! Antibiotics can only help if the infection is caused by a bacteria. Antibiotics are of no use in the case of a viral infection such as the common cold or the flu. In fact, using an antibiotic inappropriately will only increase the risk of future resistance to that antibiotic, rendering it useless in treating future infections. Having said this, it is important to use antibiotics only when necessary so that when they are truly needed, they will be effective in treating the infection.

Your child's runny nose has a funky colour to it? The mucus coughed up (sputum) is greenish? We used to take this as an indication for bacterial infections, but this is no longer the case. You can indeed have a viral infection and have green stuff coming out of your nose and lungs (Yum!).

I hope this information makes you feel more armed for dealing with fevers in your child. The bottom line is to consult whenever you are concerned that your child is not improving despite the above treatment recommendations for fevers.

Any fever lasting three days or more deserves a visit to the medical clinic. Trust your instincts, for they are one of God's great gifts too often ignored!

Exercise of the Month— One legged squat



Picture 1



Picture 2

1. Stand tall with your right foot on the step and your left foot off the step, keeping it at the same level (picture 1).
2. Slowly bring down your left foot towards the ground as you inhale (picture 2). Try not to touch the ground as you squat.
3. Stand back up by using the strength of your right leg as you exhale. You should now be back to your starting position (picture 1).

Repeat this movement 10-15 times per side. You will be working your quadriceps, hamstrings, glutes and core. *If you want to challenge yourself further*, add an upper body exercise to it such as a dumbbell forward shoulder raise (see picture 2 for arm position, palms facing down) as you go down into your one legged squat. You would then bring the arms back down to your sides with the dumbbells once you return to starting position (picture 1).

- Caroline Deschamps, RN(EC), PHCNP, BScN, PTS, PFS
(See the Information Page for more on Caroline). Send any health questions/suggested comments to healthnut@momsmoments.ca.