

Mom's Moments

A Newsletter & Resources for Women. We hope to encourage and support you as we connect in our roles as women and mothers, both through our *monthly newsletters* where readers share stories, resources, questions, recipes, traditions, photos, scripture, reflections and practical tips; as well as through the *resources* on our website in the areas of Family, Health, Faith and more. Email contributions@momsmoments.ca to share with us. www.MomsMoments.ca

A Note from Anna

Mom's Moments is for us ladies, but this month is special for the fathers in our lives. We came up with a way to celebrate them - we decided to give them a voice in this issue! They responded with enthusiasm and great contributions! Thank you to all the men who encouraged us this month! Read on and enjoy a different perspective in this Father's Day issue! And to the fathers in the lives of the MM team - **We Love You!**

Top 10 Gifts for Father's Day - By Josh Sklar, Sudbury, Ontario

My wife Anna (see above) has asked me to take some time and put thought into what constitutes a great Father's Day gift. To understand what makes a great gift, I would first like to give a few examples of **what does not make a great gift...**

- Old Spice - there is never any reason to buy any man Old Spice, ever.
- Neck Ties - I do not know who created the idea of putting your neck in a rope and calling it fashion, but giving us a neck tie only reminds of work, meetings, and other things we would like to forget for one day of the year at least.
- Socks and Underwear - though clearly necessities, they are often given on birthdays and/or Christmas—not Father's Day!
- Something Cute - while it may be cute (teddy bear, funny t-shirt, etc.) it will be received with the obligatory, "I love it," and quickly relegated to the back of some shelf where it shall proceed to gather dust and become a serious allergen.

(I will give you a moment to go and return a few items before I continue). You're back? Good. Now let's move on...

Top 10 List of Great Father's Day Gifts

10. We are fathers because of our children and wives. A nice picture in a simple frame is a great reminder.
9. Golf balls - a sleeve of 3 or box of 12, we will joyfully use and lose them.
8. A favourite meal. We need to eat anyways, so let's make it special.
7. A "Get out of _____ free card." Mowing the lawn, washing the car, going to your mother's house. Just about anything can fit the bill.
6. Anything made by our kids. While it may fall in the realm of cute, who isn't a sucker for some macaroni glued to a plate and spray painted gold?
5. A night out with you. A walk, a movie, dinner or dessert. Just some time to be with the one we love.
4. A night in with you. (here is where one would typically say, "wink, wink, nudge, nudge")
3. A favourite DVD. It will probably have things being blown up, cars going very fast, and guns, but hey, that's life.
2. A jersey of our favourite team, i.e. the Montreal Canadians. Other sports items from said favourite franchise will suffice.
1. Make us feel needed. More than anything else, we want to know that the people we love the most want us and need us.

I hope this list has helped and that you and whoever you choose to honour this Father's Day will have a great time. Now, if you'll excuse me, I need to go put my neck in a rope from last year's Father Day and head to the office...

A Candid Moment—Send your special pictures our way!



"Dad and his Girls"

Picture from
Katherine Ouellette,
Kingston, Ontario.

Good Eats - Our Jack's 24-Hour Salad

From Jack Spence, Zephyr Hills, Florida

- ¼ head lettuce, chopped
- 2 celery stalks, chopped
- 1 green pepper, chopped
- ½ medium red onion, finely chopped
- 1¼ cup frozen peas, thawed
- 1 cup mayonnaise
- ¼ cup salad oil
- 2 tbsp. Sugar
- ¼ cup parmesan cheese, grated
- 1 cup cheddar cheese, grated
- bacon bits & croutons to garnish

Layer ingredients in a 9x11 dish, from the bottom up, as follows: lettuce, celery, green pepper, peas, onion. Mix mayo, oil, sugar & parmesan cheese. Pour mix over veggies. Sprinkle cheddar cheese on salad. Top with bacon bits. Cover with plastic wrap. Refrigerate for 24 hours. Garnish with croutons. Serve untossed. Serves 6-8.

Anna's Dad's Yummy Cookies - For the baking novice!

Turn on oven. Open tube of cookie dough. Spread dough on baking sheet. Bake. Enjoy! (Love you Dad!)

Reader Reactions - Words from Men Who Have Read MM

The e-newsletter was quite an undertaking. Looks great. May God bless this. - **Ross Carkner, Whitby, Ontario**

Thank you so much for...the latest edition of Mom's Moments. I have forwarded it to all my children and grandchildren. I am sure that most of them will want to subscribe for future editions. It is so well done. - **Eugene Felhaber, Kitchener, Ontario**

A definite WOW on your website. Look and feel is great and there are so many opportunities for connectivity. Please thank your wonderful team for a job well done.

- **Jeremy Mahood, Sudbury, Ontario**

VISIT US ONLINE at www.MomsMoments.ca, to access our newsletters, **sign up to receive our monthly newsletters by email**, learn more about us, keep checking for new polls and new additions to our resources, photo gallery and Anna's blog!

A Quiet Moment - Father's Love Letter

My Child, You may not know me, but I know everything about you (*Psalm 139:1*)...I know when you sit down and when you rise up (*Psalm 139:2*)...I am familiar with all your ways (*Psalm 139:3*)... Even the very hairs on your head are numbered (*Matthew 10:29-31*)...For you were made in my image (*Genesis 1:27*)...In me you live and move and have your being (*Acts 17:28*)...For you are my offspring (*Acts 17:28*)...I knew you even before you were conceived (*Jeremiah 1:4-5*)...I chose you when I planned creation (*Ephesians 1:11-12*)...You were not a mistake, for all your days are written in my book (*Psalm 139:15-16*)...I determined the exact time of your birth and where you would live (*Acts 17:26*)...You are fearfully and wonderfully made (*Psalm 139:14*)...I knit you together in your mother's womb (*Psalm 139:13*)...And brought you forth on the day you were born (*Psalm 71:6*)...I have been misrepresented by those who don't know me (*John 8:41-44*)...I am not distant and angry, but am the complete expression of love (*1 John 4:16*)...And it is my desire to lavish my love on you (*1 John 3:1*)...Simply because you are my child and I am your Father (*1 John 3:1*)...I offer you more than your earthly father ever could (*Matthew 7:11*)...For I am the perfect Father (*Matthew 5:48*)...Every good gift that you receive comes from my hand (*James 1:17*)...For I am your provider and I meet all your needs (*Matthew 6:31-33*)...My plan for your future has always been filled with hope (*Jeremiah 29:11*)...Because I love you with an everlasting love (*Jeremiah 31:3*)...My thoughts toward you are countless as the sand on the seashore (*Psalm 139:17-18*)...And I rejoice over you with singing (*Zephaniah 3:17*)...I will never stop doing good to you (*Jeremiah 32:40*)...For you are my treasured possession (*Exodus 19:5*)...I desire to establish you with all my heart and all my soul (*Jeremiah 32:41*)...And I want to show you great and marvellous things (*Jeremiah 33:3*)...If you seek me with all your heart, you will find me (*Deuteronomy 4:29*)...Delight in me and I will give you the desires of your heart (*Psalm 37:4*)...For it is I who gave you those desires (*Philippians 2:13*)...I am able to do more for you than you could possibly imagine (*Ephesians 3:20*)...For I am your greatest encourager (*2 Thessalonians 2:16-17*)...I am also the Father who comforts you in all your troubles (*2 Corinthians 1:3-4*)...When you are broken-hearted, I am close to you (*Psalm 34:18*)...As a shepherd carries a lamb, I have carried you close to my heart (*Isaiah 40:11*)...One day I will wipe away every tear from your eyes (*Revelation 21:3-4*)...And I'll take away all the pain you have suffered on this earth (*Revelation 21:3-4*)...I am your Father, and I love you even as I love my son, Jesus (*John 17:23*)... For in Jesus, my love for you is revealed (*John 17:26*)... He is the exact representation of my being (*Hebrews 1:3*)...He came to demonstrate that I am for you, not against you (*Romans 8:31*)... And to tell you that I am not counting your sins (*2 Corinthians 5:18-19*)...Jesus died so that you and I could be reconciled (*2 Corinthians 5:18-19*)...His death was the ultimate expression of my love for you (*1 John 4:10*)...I gave up everything I loved that I might gain your love (*Romans 8:31-32*)...If you receive the gift of my son Jesus, you receive me (*1 John 2:23*)...And nothing will ever separate you from my love again (*Romans 8:38-39*)...Come home and I'll throw the biggest party heaven has ever seen (*Luke 15:7*)...I have always been Father, and will always be Father (*Ephesians 3:14-15*)...My question is "Will you be my child?" (*John 1:12-13*)...I am waiting for you (*Luke 45:11-32*).

Love, Your Dad, Almighty God

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Gran's Garden - By Lynne Collier (Anna's Mum), Kendal, Ontario



Hello! I'm Lynne, also known as "Gran" to my grandchildren. I'm very excited to be writing the new gardening column for Mom's Moments. I'm not an expert but I've learned a lot from trial and error and asked a lot of questions along the way. I hope my tips will help

you as you begin your journey along your own garden path. I always feel like God has allowed me to share the wonder of His creation every time I see a new bud in my garden or hear a hummingbird buzzing by. These are special opportunities to talk to the children in our lives about God's love for us and how He cares for all His creation.

Starting a garden - Let's keep it simple...

1. Remove all weeds
2. Turn over the soil
3. Add triple mix if your soil is in need of a little help.

Notice how much sun and shade your garden area gets in a day. Every garden needs "bones" or a framework to build on. These are the trees and shrubs that add Winter interest. Work with existing ones if you can. Find a local nursery where they supply plants with labels that have instructions on them. Save these instructions until you find out what works and what doesn't in your garden. Impress someone when you remember the names of your plants as you show them to your friends! Most nurseries are very friendly and will help you find alternatives for your area if a certain plant is not available. Remember to have fun in your garden. Sit back, relax once in a while with a good book and a 'cuppa' and watch the leaves blowing in the... OK- chase bubbles! As we encourage our children to do so, our Heavenly Father encourages us to do the same - GO PLAY OUTSIDE! *Next month get tips about perennials... Welcome aboard Mum! Thanks for joining us for the next few months as you teach us the gardening basics! - Anna*

Why God Made Moms—Part 2

Answers given by 2nd grade students to the following questions:

What did Mom need to know about Dad before she married him?

- His last name.
- She had to know his background. Like is he a crook? Does he get drunk on beer?
- Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did your Mom marry your Dad?

- My Dad makes the best spaghetti in the world. And my Mom eats a lot.
- She got too old to do anything else with him.
- My Grandma says that Mom didn't have her thinking cap on.

What's the difference between Moms & Dads?

- Moms work at work and work at home and Dads just go to work at work.
- Moms know how to talk to teachers without scaring them.
- Dads are taller and stronger, but Moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
- Moms have magic, they make you feel better without medicine.

Contact Us - Visit MomsMoments.ca to contact any one of us by email.

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Without a Dad on Father's Day -By J.D. Heffern, Newmarket, ON

Coming up soon is one of those days I find tougher than others each year...Father's Day. When I was 19, my father was in a motor vehicle accident which took his life as I attempted to resuscitate him. This was one of the most pivotal moments in my life.

My father was my hero, and in my eyes as kid, he could do no wrong. Looking back as an adult, I realize that my father was just a guy. A guy that was loving to his family, worked hard, played hard, and frequently put others' needs before his. Dad was my dad, and I was his son and I was proud to be just that.

With dad gone, there are a few things that I have learned and I have lived out when dealing with these tough days. The first is an old cliché but is true..."time heals." One of the things my dad used to tell me (go figure I never listened to him when he was around) was "if you wait long enough and look hard enough, good and great things can come out of bad stuff" (this was usually said after a girl crushed my heart and I thought life was over). I have to be honest and say that I miss my father immensely, however some amazing things have come out of the death of my father. Yes, you heard me right... For example, the relationship that I have with my mother and brothers are beyond anything I could have wished for 13 years ago, I met and married an amazing girl (Mélanie your editor—met at a camp that I probably would not have been at), we now have two beautiful daughters, I have also met some phenomenal people that I am sure I would not have crossed paths with. God can use these situations to promote life changing experiences. These experiences for me have come but I have had to wait and look to see the positives in them. This is still a work in progress for me.

Second, my faith brings peace to me in the midst of turmoil. Now understand that this too did not come overnight... for a while there I spent every waking moment blaming God and telling Him what an idiot He was for taking my father from us. However after some time and me cooling off, I said, "God if you are the real deal then what the heck happened?" At this point in my life an older acquaintance asked me if I had looked to God's Word for comfort in my time of trouble, then proceeded to tell me that God is like a car manufacturer and that the Bible is like the owners manual and when trouble arises we should look in the manual to troubleshoot. I *strongly* dislike this analogy, but he was simply saying: "try to look to the Bible." I was by far no Bible scholar but I wasn't stupid either! I read two things that struck me then and still do now. The first was Proverbs 3:5 "*Trust in the Lord with all your heart and lean not on your own understanding*" and the second was Psalm 68:5 which speaks of God being a "*Father to the fatherless, and a defender of widows.*" Again, I have to reiterate that I miss my dad in a huge way, and I think of him every morning. I long for one more hug and kiss, one more waterski, and for him to meet my wife and daughters. But my faith has brought me to a point where I do trust in God, and I see that He is a father to the fatherless. I may not have dad driving the ski boat, but when I'm skiing, I smile at the memories I have, and when I look into my girls' eyes, I see bits of dad in them and it brings me peace.

The third thing that helps me get through the tough days is simply a matter of perspective. I have learned that there is *always* someone worse off than you. For example, I was blessed to have a great father and now even a great step-father, but there are people that don't know their fathers, or perhaps they wish they didn't, due to abuse in the home. My heart breaks when I hear of these stories because even though my dad is no longer here, and I had to go through what I did on the side of a road 13 years ago, I am still more fortunate than others. This perspective helps me immensely in all I do, especially in healing.

To end my sharing/rant, I feel I am in a healthy place now with good perspective on these tough days without my dad around. I look forward to Father's Day so my kids can make really weird shaped pancakes for me, so I can share stories with them about Grandpa Johnny (my dad), so we as a family can say Happy Father's Day to Grampie (my step-father), to Grand-Papa (Melanie's dad), and to Papa John (my Grandpa Heffern), and so I can grab a beer and raise it to the sky and say "I miss you Dad, John Stanley Heffern," and at the same time say "Thanks God for many things."

The End of a Maternity Leave - By Kelly Buma, Orono, Ontario

No one could have ever described to me or prepared me for what it is like to be a mom. It is the hardest job I have ever had and there is really no way to understand it until you are fortunate enough to experience it yourself. Now that my daughter is turning one and I am looking to go back into the workforce, I have mixed feelings. While starting to look at daycare providers online, I found this poem:

The Daycare Provider

*Although I'm not their mother,
I care for them each day.
I cuddle, sing, and read to them,
And watch them as they play.
I see each new accomplishment,
and help them grow and learn,
I understand their language,
and I listen with concern.
They come to me for comfort,
And I kiss away their tears.
They proudly show their work to me,
I give the loudest cheers!
No, I am not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.
I know someday the time may come,
When we will have to part,
But I know each child I've cared for
Is forever in my heart! ~ Author Unknown*

It brought a tear to my eye and really made me want someone to feel that way about my child. I think that's when the reality of it all sunk in. I am leaving my child with another person to teach and care for her. How will that ever be possible?

Even though I am looking forward to regaining my independence as a person, I am not looking forward to the long days and the horrible commute. I wonder how I will get anything accomplished at home while still caring for Emily. How am I going to survive being away 11-12 hours out of the day? I know that moms have been doing it forever and that I will find a way to cope, but it really is overwhelming.

We were fortunate enough to find a home daycare that is run by an acquaintance and I feel completely comfortable with Emily's care and safety. Just walking into the house you can feel the love and compassion. Now that I am not worried about Emily, I fear for our daycare provider's sanity (Emily is a fiery little girl and will give anyone a run for their money!) All the best to you moms out there... you're not alone!

Are you a working mom? WorkingMom.com was created to help you out... from Hands-on, real-world help getting organized, Encouragement, Affirmation and Inspiration, Mentors, Solutions for the challenges you face, and more. A site worth checking out!

Health Nut - Dental Best Practice Guidelines

Written by Caroline Deschamps, RN(EC), PHCNP, BScN, PTS, PFS
in collaboration with her husband, Dr. Marc Deschamps (Dentist)

Is your child more at risk of getting cavities? When should you take your child for their first dental visit? How often should they brush their teeth, with or without fluoride toothpaste? Are you pregnant or know someone who is? Please read on!

Assessing Your Child's Risk for Dental Cavities

If you are wondering if your child is at high risk of dental cavities, consider the following:

- Does your child have clinical evidence of previous disease (such as new dental lesions - like a cavity, premature extractions, cavities on front teeth)?
- Does he eat or drink frequent sugary foods or beverages?
- Is there a high rate of cavities in siblings?
- Is your drinking water not fluoridated? Does your child use a non fluoridated toothpaste?
- Does your child brush his teeth infrequently and ineffectively? Does he/she have poor manual control of the toothbrush?
- Does your child have a low flow rate of saliva (doesn't seem to salivate as much as other children)?
- Is your child medically compromised or physically disabled?

First Dental Appointment

If you have answered yes to any of these questions, your child should have his/her first dental visit within the first year of life. If this does not sound like your child then he/she is considered to be at low risk of dental cavities and the present recommendations are that they have their first dental visit by their third birthday. During this visit, the dentist will discuss infant/child normal dental development, oral hygiene, fluoride, diet as well as offer information about oral habits and dental injury prevention.

Fluoride

If you are wondering when you should introduce fluoride-containing toothpastes, follow these guidelines (Oral Health, January, 2007)

1. As of birth, gently wipe the gums with a moist, clean face-cloth, using the tip of your index finger after each feeding. Once the teeth grow in, you can use a non-fluoride, all-natural tooth paste until they are two years old or are able to listen to instructions to spit out. At that young age, they are more prone to swallowing the toothpaste and it is therefore not recommended to use toothpaste with fluoride.
2. Once you've introduced fluoridated toothpaste, only apply a pea-sized dab of toothpaste on the toothbrush. You should be brushing your child's teeth until you have observed that they are able to do it well by themselves. At this point, continue to apply the toothpaste and supervise the brushing.
3. Your child should have his/her teeth brushed with fluoridated toothpaste twice daily.
4. Older children should use more toothpaste to increase their salivary fluoride levels.

Caroline is a nurse practitioner and personal trainer specializing in pre/post-natal fitness in Ottawa, Ontario. Email health and fitness related questions/suggested topics to healthnut@momsmoments.ca.

Oral Health and Pregnancy

It is recommended that all pregnant women consult their dentist for an oral examination early in their pregnancy. Some women have increased tooth decay during pregnancy which can be attributed to diet and poor oral hygiene. Food cravings are many times not that healthy and the constant snacking and drinking to reduce the nausea don't help! It is safe for a pregnant woman to use 0.12% chlorhexidine mouthwash (ask your dentist as a prescription is needed) as a preventative measure.

Nausea and vomiting really increases the risk of tooth erosion (teeth breaking down because of the acidity of vomit, usually behind the upper front teeth) which in turn can cause sensitivity to heat and cold on those teeth. To prevent the worsening of this erosion and sensitivity, please do NOT brush your teeth right after vomiting, but rather rinse your mouth with a fluoride mouthwash (avoid any mouthwash with levels of alcohol 10% or higher).

Many pregnant women suffer from bleeding gums (gingivitis) due to changes in the hormonal levels and increased blood flow. This usually returns to normal once you have your baby. Oral hygiene is extremely important, especially during pregnancy. Bleeding gums do not mean you shouldn't floss...in fact, quite the contrary! You should floss daily and brush twice daily

Some women may notice that their teeth feel loose. This increased tooth mobility has been found to be related to gingival disease (gums) and is reversible after delivery.

All in all, dental care is essential during pregnancy. X-rays are always avoided unless absolutely necessary at which time, the dentist will take all the necessary precautions. Oral rinses and toothpastes are generally safe in pregnancy. If dental surgery is needed, the dentist can safely use anesthetics like lidocaine (commonly used) during pregnancy. Whenever possible, most dentists will postpone any dental procedure until after the delivery. If necessary, they will usually do the procedure during the 2nd trimester.

So what have we learned? We have learned that dental/oral care is extremely important to our overall health. Brush twice daily, floss daily and don't forget to SMILE!

Exercise of the month – Cardio Boost!

Top 5 picks for a quick equipment-free cardio boost at home. Do all five exercises consecutively or between resistance (weight training) exercises for added benefit! You can do these exercises anywhere. Be ready to feel like a kid again!

1. Jumping jacks. Do 20-50 in a row. (Just warming up!)
2. The burpee! Do 5-10 in a row. (See Feb. issue for details)
3. Jog in place, knees up! (Time to catch your breath!)
4. Place your feet on the ground (stance wider than your hips), bend down with your knees, keeping your back straight, and touch the ground between your legs with your hands/fingers. Then jump up as high as you can (feel the power!), reaching up with your hands, try to touch the ceiling and get right back down (landing softly on your toes) to the starting position. Do this move 5-10 times in a row and you'll feel the burn!
5. Stand with your feet hip distance apart and jump up bringing your knees to your chest. Don't forget to land softly on your toes. Repeat 5-10 times!