

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

It's time to **celebrate!** Both Canada Day and Independence Day (for our neighbours to the South) are remembered this month, and to keep this spirit going, we decided on a celebration theme for this issue! So read on, ladies, as we celebrate summer and motherhood together!

Also, you can celebrate Mom's Moments by sharing it with your friends, family, co-workers, church, etc. Photocopy it or email it... whatever works best for you!

Anyone interested in a "deeper" connection? Melanie and I have committed to reading the book *The Ministry of Motherhood* by Sally Clarkson, and we'd love you to join us! Our new "The Ministry of Motherhood" Blog" allows you to jump into the discussion at any time! There are five main parts to the book, and we'll read and blog on one section every two weeks. More information is available in the blog - find it with my blog on our homepage www.momsmoments.ca. Feel free to email us to let us know that you'll be reading with us!

As you head into summer, ladies, I encourage you to RELAX, take lots of pictures, and ENJOY YOUR DAYS!

Tips for Picking and Freezing Berries This Summer

Strawberries

- Packed with vitamin C.
- Picking season is mid-June to early July.
- Look for bright red, dry, medium-sized berries.
- Wash before eating or freezing. Freeze whole or chopped.

Raspberries

- Good for vitamin C, vitamin A and calcium.
- Picking season is mid-July to mid-August.
- Look for large, bright-coloured berries.
- Raspberry bushes grow high off the ground, so you only need to wash them if you find dirt on the berries.

Blueberries

- Good for vitamin C, fibre, and packed with anti-oxidants.
- Picking season is July and August.
- Look for firm, large berries (lowbush type are smaller)

Freeze berries by spreading them in a single layer on a cookie sheet and place in freezer until solid. Pack in freezer bags or air-tight containers.

Visit www.pickyourown.org to find picking locations worldwide!

Share your BBQ expertise with us this summer!

Do you have any fantastic BBQ recipes to share? There are some great BBQ ideas for veggies, potatoes, pizzas... you name it! The grill is for so much more than meats! Share your tried and true BBQ ideas so we can share them with our readers in August! contributions@momsmoments.ca

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 our blogs!

A Candid Moment - Share your special photos with MM readers!



A Night in the City!

Picture from Suzie Mulhall, Uxbridge, Ontario

Calling all Readers! Contribution ideas for August...

- Tell us about your **BEST family summer vacation.**
- Share your tried and true **stain remover solutions!!**
- Tips on juggling **work with the kids home from school...**
- Enter our **Garden Photo Contest** to show us how your garden is growing! Winners will be featured in September!

Find more contribution ideas throughout this issue and on our website. Please try to send your **August submissions before July 20th.** Email contributions@momsmoments.ca to share.

Good Eats - Nacho Night

For minimal oven use on hot summer evenings!

- Tortilla Chips (low salt for a healthy twist!)
- 1 chicken breast or 1/2 lb. ground beef
- 1 cup cheddar or mozzarella cheese (or combine both!)
- 1 cup salsa
- Topping Options: Lettuce, red and green peppers, Sour cream... get creative!

Cook meat and chop if necessary. Heat oven to broil. Spread desired amount of tortilla chips on baking sheet. Spread salsa over tortilla chips. Cover with cooked meat. Grate the cheese and sprinkle on top. Broil for about 3 minutes. Top with your choice of options. Serve with fresh cut vegetables, or add the salsa and peppers before you bake... your choice!

Tasty Treats - Fruit Sauce

- 1 cup fresh or frozen fruit (strawberries, blueberries, peaches, or whatever you choose - throw in some rhubarb if you like!)
- 1/8 cup sugar
- 1/8 cup water
- 1 tsp. cornstarch
- 1/2 tsp. vanilla extract



Mix everything together in a saucepan. Boil over medium-high heat and stir constantly. Lower heat to medium and cook for 2-3 minutes. Continue to stir! Spoon onto waffles, pancakes, ice cream, cake...the list is endless! This recipe doubles easily & freezes well! - Adapted from the book *Fit to Cook*

A Quiet Moment - Inspirational Thoughts from the Bible
By Anna Sklar, Sudbury, Ontario

"The Lord your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with His love, He will rejoice over you with singing." Zephaniah 3:17 (NIV)

Did you ever stop to think that God...rejoices...over...you?! Take a minute to let that really sink in. You make Him sing with great delight! This kind of love, this celebration of who you are, is absolutely amazing! Feel good, ladies, celebrate, God is with you, He is mighty, He will save you. Quiet your heart, your thoughts, your emotions, your worries, your frustrations, your annoyances, and your fears. God's love is bigger than all of them, and has the power to make them quiet in His presence. Know that He is with you always, rest in the knowledge that He is mighty, that He wants to save you. Smile because Someone like that takes great delight in YOU. Relax because He already loves you, you don't have to earn His love. Listen with your heart, to His song of rejoicing, written for you.

Activities & Ideas to Celebrate Summer with Your Kids
FOR ALL AGES

- Have Fun at the **Beach and Park**
- Discover your local **Library!**
- **Cooking Classes** at Grocery Stores
- **Science Centre** Membership
- The Local **Zoo!** You'd be surprised at all the fun and activities that await you!
- **YMCA & Town Recreation Programs** - swimming, dancing, sports, arts & crafts, drama and music for ALL ages... see what your town rec. department has to offer your family!
- **Day Camps** - check out half-day or full-day programs at the YMCA, parks, conservation areas, pools and also at gymnastics, dance, music and sports schools/academies
- **Handy Hint** - Keep two totes full of these essentials:



Swim Tote - pack with swimsuits, swim diapers, towels, sand toys, sunscreen, etc. for a quick trip to the beach!

Outdoor Playtime Tote - pack with toys, bubbles, ball, sunscreen, hats, picnic blanket, etc. & head to the park! These handy totes make life easier in case of cranky kids! And don't forget to bring quick snacks and drinks along!!

FOR THE WEE ONES - Check out Ontario Early Years Centres
www.ontarioearlyyears.ca/oeyc/en/home.htm

FOR THE TEENS - Check out these websites for ideas...

- **Summer Job Information** -
www.life.familyeducation.com/teen/summer-jobs/34467.html
www.family.org/parenting/A000000650.cfm
www.edu.gov.on.ca/eng/document/brochure/summejbe.html
www.readersdigest.ca/mag/2001/04/job.html
- **Babysitting Courses** - Check the local YMCA or Rec. Centre
- **Volunteer Opportunities** - shelters, daycares, Habitat for Humanity, the list is endless! And remember that students in Ontario High Schools can use the summer to get their required 40 hours of community service!
- **Great site for parents of teens!** www.parent-teen.com

Gran's Garden - By Lynne Collier, Kendal, Ontario



Hope you're having fun in your garden so far! As promised, here are my tips on perennials (or self-seeding plants). These plants grow back year after year, and only require a good weeding and watering once in a while!

Plant taller trees and shrubs at the back of your garden and smaller ones towards the front. The tags on the plants will tell you if they need full sun or shade, how tall they will grow, and also the zone hardiness and bloom time. Choose a variety that will give you the colours you want and will have blooms for you all 3 seasons. I find these to be excellent for my location and will be good choices for most Ontario zones:

SUNNY

Spring Blooms

Variegated Weigela

Summer Blooms

Hydrangea

Daylily

Glory Flower

Delphinium

Poppies

Scabiosa

Phlox

Fall Blooms

Dwarf Burning Bush

Hardy Mums

Blooms For All 3 Seasons

Black-Eyed-Susan

SHADE

Spring Blooms

Bleeding Heart

Lung Wort

Coral Bells

Columbine

Jack-In-The-Pulpit (& Fall)

Jacob's Ladder

Archangel

Lily-Of-The-Valley

Summer Blooms

Hostas

Trillium

Astbe

Blooms For All 3 Seasons

Coleus (annual)

If you find you have a few "bald" spots this year simply fill in with some annuals such as easy Marigolds or Impatiens. Next year your perennials will be twice as big!

Lynne mentioned "zones" a couple of times in this article, and will expand on that more for next month! Stay tuned...

Budget Savers - Keeping the Piggy Bank Full!

- **Yard Sales** - On Saturday mornings I love to leave the house about 8am to find great deals around town! Check the classified section of your local paper to find the sales in your area. Trust me, you NEVER know what you'll find! If the price is too high, offer less!
- **Hosting a Yard Sale** - This is wonderful for clearing out your clutter, and making some money from the effort! The kids love to set up juice stands and make a profit for themselves! And it's fun to meet new people!
- **Hanging Your Laundry Outside to Dry** - Our clothes smell so good after drying in the hot summer air! They're slightly stiff, but soften after a little wear. You can enjoy plenty of savings from keeping your dryer OFF for the summer (spring and fall too!) Try hanging your clothes to dry inside in the winter. This is great for adding humidity to a dry house! It only takes a few minutes to hang a load, then leave it all day, and voilà! They dry themselves! Too bad they don't fold themselves as well! - Anna

Take the Mom's Moments Challenge!

1. **Sign Up** for the monthly newsletter to receive it by email.
2. **Pass it On** to other women by email or in print.
3. **Dare to Share** something for our newsletters!

How Not To Exasperate Your Kids

By Wendy Kittlitz © Focus on the Family Canada 2007. Used by permission.

Expectations: be clear and consistent about what you expect from your children.

veX: say what you need to say once, firmly. Carrying on about it becomes vexatious and counterproductive.

Age-appropriate: don't ask your children to do things that are beyond their developmental abilities.

Scare: don't scare your children with empty threats... say what you mean and mean what you say!

Positive: positive reinforcement of good behaviour is almost always more effective than negative consequences for misbehaviour.

Embarrass: don't embarrass your children. Correct them quietly and privately to preserve their dignity and communicate your respect.

Ride: children need plenty of gentle reminders, warnings and cues but don't ride their case or they will be discouraged.

Anger: anger spawns anger. If you discipline with anger, it will make your child angry – and then all you have is two angry people! Model control, Mom & Dad!

Teasing: what seems funny to you may feel like a put-down to your child. Be careful about teasing.

Encourage: always let your children know you believe in them and want to draw out the best from them!

Visit FocusOnTheFamily.ca (.org in the U.S.) to access a wealth of helpful resources for your family and marriage, listen to daily broadcasts, request their free monthly magazine in Canada and more! Check out MomsMoments.ca/onlineresources for more helpful links.

In Our Family... A Special Idea for the Only Child

By Caroline Deschamps, Ottawa, Ontario

My husband and I were blessed with one miracle child. Coming from a large family, I can't imagine growing up without siblings. I always worry that my child will be bored... I mean we were so many in a small house that we would give anything for some time alone! Having said this, our child seems to be fulfilled and is definitely receiving infinite amounts of love from us and our extended family and friends. However, on the odd grey day, she gets bored of playing with her parents!



This Sunday was one of those days. So I decided to invite one of her little friends to play with her. They had such a wonderful time together. I took pictures of them enjoying themselves and they placed a picture of each other in their new little "Best Friends" lockets. After the friend left, I decided we would collect recent pictures of all the friends and family who mean so much to my child and framed them and hung them on the wall at the head of her bed. She was so excited! ALL these people love her as much as she loves them! So every time she gets lonely, we take a walk to her room and she gets reminded of all the people who love her. It always ends with a smile followed by laughter!

Contact Us

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A Poem by Audrey Hepburn

Submitted by Nora Lea Arcand, Sudbury, Ontario

This beautiful poem was written by Audrey Hepburn when asked to share her "beauty tips". It was later read at her funeral.

*For attractive lips, speak words of kindness...
 For lovely eyes, seek out the good in people.
 For a slim figure, share your food with the hungry.
 For beautiful hair, let a child run his/her fingers through it once a day.
 For poise, walk with the knowledge that you never walk alone...*

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone. Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.

Prenatal Nutrition Guide Checklist

Go to www.todaysparent.com/pregnancybirth/nutrition, and scroll down to access and print out their "Prenatal Nutrition Guide." Put it on your fridge to help you eat well throughout your pregnancy! Visit www.TodaysParent.com for more helpful articles and resources. Email us with your favourite resources for pregnancy and infant care!



Parenting Q&A - Potty Training

In March, one reader wrote "My 3-year-old daughter is starting school in the fall. She has been potty trained for some time, but still refuses to have bowel movements in the toilet and will often have them in her pants or just hold it in. I have tried EVERYTHING! Any ideas out there? I'm getting discouraged!"

Here are some tips from the responses we received:

Sarah in Kingston, Ontario writes about her daughter:

- I stopped giving her chocolate and sweets, then gave her a chocolate only when she went for a BM.
- I dropped coloured tabs (from Crayola) in the toilet when she didn't see, and told her that she could make the water change color "magically" when she went in the toilet!
- I gave her a little space.....not on her case too much, and she just started hopping on the toilet one day!

Lois in Kitchener, Ontario writes:

- Completely ignore the bad behaviour. Unfortunately it's hard to do that with poop. But start focusing as much as possible on all GOOD behaviour. This way, her motivation for the bad poop-related behaviour gradually lessens.
- Help her feel more of a sense of power and control by always giving her choices. i.e. she can stay poopy, or she can have you change her pants. Which would she like to do? She can change her own pants, or she can have you change her pants. Which would she prefer? That sort of thing.
- Try to stay emotionally neutral about the poop. It's a super-nuisance, but it really is just a bad behaviour like all other bad behaviours. Kids tend to develop whatever we pay attention to.

Caroline in Ottawa, Ontario suggests reading this article:

- "Toilet truths" in the July 2007 issue of Today's Parent.

Do you feel like you've tried everything and nothing seems to work? Ask our readers, and see how they respond! Email questions about your toddler, pre-teen, teenager, etc... to anna@momsmoments.ca.

Physical Activity - What and How Much?

By Caroline Deschamps, RN(EC), PHCNP, BScN, PTS, PFS

PART 2— ADULTS AND SENIORS

Can't keep up with your children? Need more energy? Want to firm up? Want to lose weight, reduce your blood pressure or cholesterol levels? Diabetic or at risk of osteoporosis? Just want to continue being able to do what you are doing now? Consider the following fitness guidelines for adults and seniors. Think of fitness as an investment for longevity... not only in years, but also in quality of life!

You should try to accumulate 60 minutes of physical activity every day. If your activity demands more effort, you can do it for less amount of time and still get the benefits. See the following table as a guide to staying healthy.

Table 1. Recommended physical activity per day.

Light Effort (60 minutes)	Moderate Effort (30-60 minutes)	Vigorous Effort (20-30 minutes)
Light walking	Brisk walking	Jogging
Easy gardening	Raking leaves	Hockey
Stretching	Swimming	Basketball
Volleyball	Dancing	Fast swimming
	Water aerobics	Fast dancing
	Biking	Aerobics

Taken from Canada's Physical Activity Guide to Healthy Active Living by the Canadian Society for Exercise and Physiology.

There are three types of activities you need to do in order to increase your health and fitness level: endurance activities, flexibility activities and strength activities.

Endurance (4-7 days a week)

These continuous activities are to strengthen your heart, lungs and improve your circulation. You will feel warm and breathe deeply during these activities. Try walking, golfing (carry your bag!), skating, tennis, etc. In time, you will notice an increase in your energy levels. Beginners can start with a 15-20 minute brisk walk four times a week. Increase the duration by 10 minutes each week until you are able to walk briskly (you should be able to talk but not sing!) for 45-60 minutes continuously.

Flexibility (4-7 days a week)

Keep your muscles relaxed and your joints mobile with gentle reaching, bending and stretching activities. Try yoga, Tai chi, bowling, curling, or Pilates (*great for core strength*). Don't forget to do your stretching before and after you exercise to help prevent injury and next day soreness. Always be sure your muscles are warmed up before doing any stretching.

Strength (2-4 days a week)

Resistance exercises are important to strengthen muscles and bones and improve your posture. By the way, I need to set the record straight: weight lifting (or resistance training) will NOT make you look like the Incredible Hulk or Arnold!!! It's all in the way your program is designed. Basically, if you stick to doing 2-4 complete body workouts a week, including one to three sets of 12-15 repetitions for each of the 8-10 varied exercises of your program, you'll increase your lean muscle mass, endurance and strength without getting the bulk. And would you believe you can get all this in as little as 30 minutes per session! Wait at least 48 hours before doing another complete body workout as our muscles need to recover.

Did you know that once women reach the age of 35, they lose one pound of muscle each year? That is why it's so important

for us women to do weights! Don't replace that muscle with fat – replace it with new muscle! The more muscle mass we have (I'm not talking bulk and huge here, just the lean muscle!), the higher our metabolic rate is and the more calories we burn at rest! Just remember that muscle weighs more than fat. That's why body composition (body fat percentage) is a better way to keep track of your health than the actual number on the scale. Another important reason to pump some iron is to help prevent osteoporosis as we reach menopause. Stronger muscles and bones help reduce the risk of fractures and help us maintain our level of activity as we age.

If your goal is overall health, you MUST exercise while eating a healthy diet. To stick to your fitness program, be realistic when planning out your schedule. Look at your entire week (work, kids' activities, husband's activities, hobbies, etc) and schedule your workout just like any other appointment. Always have a backup plan due to all the unexpected things that happen everyday. When deciding how many hours a week you can dedicate to your physical health, you are better to plan for less and stick to the program than overbook yourself and quit all together. Always take one day of active rest. Active rest can be anything from cleaning the house, gardening, to playing in the lake with your children. Here's to a long and healthy life!

This Month—Try this Exercise Program

No equipment needed! Do each of these exercises consecutively. Feel free to repeat the circuit one to three more times!

- 30-60 seconds power walking/running in place (knees up!)
- 10-20 jumping jacks
- 10-15 squats (place feet shoulder width apart; sit on a chair and stand back up without moving your feet. Try the motion without a chair, keep your arms in front of you for balance)
- 10-15 lunges (see below).
- 10-15 pushups (do them standing with your hands against the wall to start, then on your knees on the ground ("girl push ups"), then as you get stronger, on your toes!)
- 10-15 triceps dips (see below)
- 15-20 crunches
- 10 superman (movement is slow and controlled—see below)



Lunges: Stand tall, step forward landing on the heel of your right foot, keep the left leg lengthened and on the ball of left foot, bend right knee to 90 degrees as you lower the left knee. Keep right knee above your right ankle to prevent knee pain or injury, straighten the right leg by pushing off the right foot and squeeze the opposite buttocks.



Tricep Dips: Grab the edge of a chair with your hands. Bend elbows as you bring your buttocks towards the ground in front of the bench. Straighten your arms and raise yourself back up. Keep your body close to the bench.



Superman: Lie face down with arms and legs extended. Lift both legs and both arms simultaneously 4 to 6 inches off the ground, allowing your chin to rise off the floor. Keep your head in alignment with your spine. Hold 3-5 seconds and repeat.

And there you go! Off to becoming a healthier you in no time...

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.