

Mom's Moments

January 2008

Volume 2, Issue 4

A Note from Anna

2007 was an amazing year for Mom's Moments. God's provision was evident all year:

- The formation of a team to grow a ministry for all women!
- Referral to [Constant Contact](#) the company that allows us to easily manage our growing list of online subscribers (270+)!!
- Donated website hosting, support and template design from AdvancedMinistry - [www.advancedministry.com!](#)
- The donation of Publisher software which allows us to produce quality newsletters!
- Funding from two churches!

Thank you to all those who contributed to our newsletters in 2007, and if you haven't done so already, consider sending a contribution this year—be it a picture, article, recipe, or tip... Visit [www.momsmoments.ca/contribute](#) for ideas.

This issue of Mom's Moments provides you with inspiration in *A Quiet Moment* & one woman's *Lifeline for Motherhood*, information on disordered eating in *Health Nut*, advice for parents of grade 8-12 students in *High School Days* & MORE!

NEW [Elisabeth Corcoran Column Blog](#) - read this every month on our [site](#) - she's a wonderful writer with a heart for encouraging women!

Happy New Year!

Tips to Become Debt-Free

- Quit charging – NOW.
- Don't carry credit cards when you go out.
- Pay cash as often as possible.
- If you can earn extra cash, earmark it for a certain bill or your emergency fund. Be creative: have a garage sale, work overtime or get a second job.
- The worst thing you can do is ignore your bills. Most creditors would rather work out a debt repayment schedule than send a collection agency after you or take away your assets.
- Pay off the smallest bills first.
- Find someone who will hold you accountable for your spending.

From "Buried in Debt", by Ray Linder, July 2007 Focus on the Family magazine. Used by permission. Ray is the CEO of Goodstewardship.com, and has over 25 years experience in corporate finance and investment management.

Share With Us...

- Ideas for Indoor Family Fun during the winter!
- **Winter Wonderland Photo Contest** - The winner receives a \$25 gift card & their photo will be highlighted in the March issue!

Find more contribution ideas on our website. Send February submissions by **January 15th**. Email contributions@momsmoments.ca to share.

A Candid Moment - Share your pictures!



Fun in the snow!

Picture from Caroline, Ottawa, Ontario

Draw for New Babies of 2007

Were there any new babies born into your family in 2007? Share the joy with us! Whether you're a grandma, an auntie or a mom, send in baby's name & birth date (must be in 2007) along with mom's name & email address. Mom will be entered in a draw to win a \$25 gift card - see below! The deadline for entries is Jan 20th!

New in 2008-Contests & Draws!

- Four seasonal photo contests per year
- Draw for New Baby Gift January 25th 2008
- Mother's Day Draw for ALL Mom's Moments subscribers in May 2008
- Draw for Contributors of All Printed Newsletter Article in December 2008
- Draw for Contributors of All Printed Recipes in December 2008

Winners Receive a \$25 Gift Card! Choose From One of These Prizes!

- Books** - Amazon
- Restaurants** - Cara Foods (includes Swiss Chalet, Harvey's, Kelsey's, Montana's Cookhouse, Milestones & Second Cup)
- Online Shopping** - eBay

Good Luck and Have Fun!

For more info check the Bulletin Board at [www.momsmoments.ca](#)

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A Quiet Moment — Inspiration from the Bible

"The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'"
Genesis 2:18 (NIV)

In Genesis 1, we read the account of how God created the heavens and the earth. At the end of each day of creation, the Bible states, "And God saw that it was good."

But in Genesis 2:18, as God was creating humans, you read something different. Imagine an inventor, standing back to get a good view of their creation, thinking to themselves 'It needs a little something... Ah! I've got just the thing!' So it was with

God. He stopped and gave a divine pause... to make a divine statement of the importance of relationships - He said it's not good for us to be alone and the best thing for us is to have help!

God *created* us for relationships... with Him and others! So when we try to be "super-mom", as the world would have us strive to be... all on our own... in our own strength, we are miserable. This isn't what God wants for us. He has a better plan! He wants us to lean on Him and others on this journey. Read on for more on this topic...

Wendy Lempner & Anna Sklar teamed up for this edition of A Quiet Moment.

My Lifeline for Motherhood

By Wendy Lempner, Moms in Bloom, Cincinnati, Ohio, USA

Motherhood. The word congers up so much... doesn't it? There are so many emotions... triumphant joys, milestone "firsts", and amazing highs... as well as possible feelings of loneliness, frustration, guilt, and deep-down lows. Being a mom myself, I understand this spectrum of emotions, and I've met many moms who feel the same. Can you relate?

I've learned that a first step to a brighter mothering experience is to acknowledge the need to reach out to other moms and connect with them on a real and meaningful level. We all need to know the truths that we're not the only mom who struggles at times with their children, and that we all make sacrifices as loving moms. It's challenging to juggle all the responsibilities of being a mother, wife, and woman. But the good news is that we don't have to feel like we're on an island, with no other choice but to kick into "survival" mode and just hang on for the ride! There's something better, and I'm so blessed and thankful that when I first became a mom, someone shared a lifeline with me. And now I want to pass that onto you!

You see the lifeline my friend shared with me was her in-

volvement in a moms' group. I didn't know anything about raising a family... I had never done that before! I needed help and support from moms who had braved this path before me. And I knew that we desired to instill godly values in our children, but how? The moms' group provided all that, plus fun, and great friendships! Not to mention the adult conversation! The group had such a positive impact on me, and our family, that I became passionate about the need for moms' groups, and God has led me to lead two different Christian moms' groups since then. Originally it was a huge step... OK a LEAP out of my comfort zone to lead a group, but God gave me the desire, and I trusted Him to touch the lives of the moms, and He has done just that! I am so thankful that my initial shyness and self-doubts didn't stop what God wanted to do through me. After seeing the life-changing effects the groups had on so many women, and experiencing my own personal blessings, there would have been so many missed opportunities if I would have said "No" to God!

So, I want to encourage you in something that I believe can change your life... and

others... become part of a moms' group. Whether you simply join one, or you begin one in your community, I can tell you that they are such a wonderful investment of time (whatever time you have to give to it!), and if you can find some childcare during that time, you'll receive a much-needed break to refresh and "re-fuel" so you can better meet the challenges of being a mother. I've found there's something unique about having other moms in your life on a regular basis who can relate so well with all the unique facets of being a mom. Here's an email quote from a mom, Amy, in my moms' group: "I am so happy that I am a part of a moms' group with such caring and sweet women. I feel that you are all so supportive and really care about the things that are going on in my life and that is something that is hard to find now a days." Moms' groups, especially those that centre around God and His Word, the Bible, can be a virtual "lifeline" in the lives of those who often need it the most... moms! Reach out to other moms for help and support... for you... and for them!



Moms in Bloom

Moms striving to grow in the Lord and blossom where they're planted.

Wendy Lempner is the creator of the **Moms in Bloom** ministry. She hosts "mommy break" in her home every 2 weeks, produces a 4-page monthly newsletter for moms, and manages a website. Check it out, sign up for the newsletters, and connect with Wendy: www.momsinbloom.com

Picture from Lauri Crowwell, Newmarket, Ontario



Recognizing Disordered Eating

By Caroline Deschamps, PHC-NP, PTS, PFS

Last month we learned about the childhood obesity epidemic. This month, we look at eating disorders where dieting and exercise (the treatment for obesity) can be taken to the extreme. My goal is to bring awareness and aim for prevention.

Although it's often thought to only affect women, 25% of those with an eating disorder are men. Would you believe that in the United States, the average age of disease onset is from 9 to 12 years old!!! Another study found that 40% of first graders surveyed were dieting!!!

Defining Eating Disorders

Although most of us think of anorexia or bulimia when talking about an eating disorder, there is more to it than that! The healthy person has **attuned eating** which means they listen to their body signals or internal cues for eating. There is no food restriction.

On the other hand, **disordered eating** is eating with rules. The body's internal signals of hunger are completely ignored. **Disordered eating** is complex. It includes worrying about your weight, food restriction, fear of becoming fat, over exercising, over eating, taking steroids to get bigger, fasting, chronic dieting, constantly counting your calorie intake/burning, etc.

Anorexia Nervosa is starving oneself on purpose. **Bulimia Nervosa** involves binge-eating episodes followed by purging either by self-induced vomiting, fasting, exercise, or the use of laxatives or diuretics. **Binge Eating Disorder** is compulsive overeating without the purging. Some people feel like they have some behaviours from all types of eating disorders at one point or other.

Contributing Factors

From the psychological, individual, biological, socio-cultural and environmental to familial... Some contributing factors include:

- Dieting and restrictive food practices

- Pressure from parents/role models/coaches/peers
- Exposure to the image of female beauty in the media
- Family communication problems
- History of violence and sexual abuse
- Participation in a sport or activity that requires strict body size and shape (gymnastics, wrestling, figure skating, ballet, synchronized swimming, etc.)
- Exposure to criticism of weight and shape
- Low self esteem and low self confidence

Warning signs!

It's important to know the early warning signs in order to avoid the extremes and to get help sooner.

Behavioural:

- Excessive weighing
- Over training and over exercising
- Food preoccupation and dieting (counting calories, fat grams, preoccupation with cooking for others)
- Mealtime rituals (won't eat around others, drinking lots of water before a meal, evasiveness around meal-times, complaining of stomachaches or other physical symptoms before meals, disappearance into the bathroom during or immediately following meals)
- Distorted attitudes and language, dissatisfied with appearance ("I feel fat", "I can't eat that")
- Body size and shape preoccupation (increased mirror gazing or pinching skin folds, wearing baggy clothes)
- Vegetarianism/veganism

Psychological:

- Depression, irritability, anxiety
- Perfectionism, self-criticism
- A tendency to take things literally or to the extreme

Social:

- Withdrawal from peers,

isolation

- Excessive time spent doing homework or exercising in one's room
- Difficulty sitting still at home

Physical:

Cold intolerance, dizziness or lightheadedness, low energy, dry skin, hair loss, constipation, failure to menstruate each month, abdominal pain or discomfort, weight loss or fluctuations in weight, cool extremities

What to avoid if an eating disorder is suspected

Do not scold the individual you suspect. Lectures will only make them feel more ashamed and misunderstood. Don't blame them, get help from the experts!

Prevention

Examine your own attitudes about food, weight and body image. Be a role model in accepting and listening to your own body. Stop teasing and harassing in the family. Affirm yourself and others. Avoid the language of "good food" "bad food", "I feel fat", etc. Cultivate the skill of listening. Create a sense of safety in the environment. Compliment and validate the person (who) not their body (what). Promote exercise for fun and fresh air rather than weight loss. Know the warning signs and contributing factors and be sensitive to them. Celebrate natural body size. Learn about body image issues. Learn and model effective coping mechanisms. Make an effort to understand the lifestyles of young people. Evaluate your investment in your child's sport life. Spend time with your child. Stop dieting and restricting to lose weight in the family. Teach media literacy. Be proactive in the community. Accept your limitations. Don't make comments about others' body size and shape. Surround yourself with images that are inclusive and celebrates diversity. Create a language of self. Recognize disordered eating in yourself.



Resources

National Eating Disorder Information Centre (Canada):

416-340-4156

Book for parents:

[Help for Eating Disorders: A Parent's Guide to Symptoms, Causes and Treatments](#), by Drs. Debra Katzman and Leora Pinhas, Hospital of Sick Children, 2005.

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

High School Days – Notes for Parents...

High School Information Nights – Is your child in grade 8? High schools often offer open houses for parents and students to get acquainted with the schools in your area and the programs they offer. Watch for these in the months to come. (February–March). Call around or check out your school board's website for details.

Exams in Semestered Schools – The end of a school semester brings the stress of exams, the relief of having more credits completed and the anticipation of new courses about to begin. Do ask your teen about their exam schedule. Don't allow them to miss those precious last classes of review as they often give hints for the exams. If your child generally does well in school, don't add to their stress by riding them too much, but rather encourage them and have confidence in them as they learn to take responsibility for their own education. If your child is struggling and lacks motivation, they may need more of a push from you to get on task... you know your child best!

College/University Campus Days – Don't miss out on these if your child is a high school senior! Take advantage of these opportunities to tour various schools (often in March) to get a feel for different schools and their campus life. This will truly help them to make a more informed decision when the time comes to choose a school upon graduation! Check out school websites or call the school's admissions offices for more info.

- *Mélanie Heffern is a high school teacher in Ontario*



Around the House Kid's "Stuff" Cluttering Your Living Room?

Grab a basket or toy box & have the kids put the clutter in the special container every night before bed. Then one day a week or every couple of days help them put their stuff in it's correct place.

- *Julie Wallace, Whitby, ON*



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 - Browse through our [online resources](#) in the areas of Family, Health, Finance, Faith and more.
 - Look for new [polls](#) and additions to our [photo gallery](#)!
- www.momsmoments.ca



December Poll Results:

If Your Kids Are Younger, Are You Involved With A Mom's Group?

- Yes: 22%
 No: 22%
 I Was For A Time: 33%
 I'd Love To Find One: 11%

We love to get to know our readers better! Take a second to take our monthly poll online at www.momsmoments.ca.

January Poll: What is your favourite season?



Crock Pot Honey BBQ Ribs

- 2-4 lbs pork spareribs (can be cooked from frozen)
- 1 pouch Campbell's Dry Onion Soup and Recipe Mix
- ¾ cup ketchup
- ¾ cup water
- 1/3 cup honey or ¼ cup brown sugar
- ¼ tsp garlic powder or 2 cloves garlic, minced

1. Place the ribs in the crock pot and cover with ½ cup water.
2. Mix the remaining ingredients in a bowl and pour the mixture over the ribs as you add it to the crock pot.
3. Cook on low for 8-10 hours, or on high for 4-6 hours.
4. Cut meat into 2 or 3 rib portions either before cooking, or part way through cooking.

Note: You can use the leftover sauce to mix with meatballs. This idea is great for putting together meatball sandwiches in advance and freezing them for quick meals that are portable and easy to reheat in a hurry! Add a salad or raw veggies!



Do you have an original recipe to share? Contributors of printed recipes will be entered into a draw in December 2008 for a \$25 gift card of their choice!

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