

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

Is winter getting you down? Are you feeling tired and weary? Do your days blend together in a haze of routine? I think we all know what time it is...time for a break...March break. Some of you will take the break at home with your wee ones, some of you will travel to exotic places, and some of you will just feel a change in the air. This issue of Mom's Moments is meant to inspire you to take a break—from your schedule and from yourself! I have a 5-Day March Break Challenge for you ladies and it's guaranteed to change your perspective at least a little. Here is a checklist to use as you complete the tasks for the challenge!

1. ENJOY a hot beverage every day
2. Read one magazine that you love
3. Arrange one play date
4. Have a REAL conversation with your husband
5. Hard-core playtime with laughter, dancing, singing & jumping!

Let me know how it went as you complete your list!

Sharing Wisdom - Words from experienced moms!

I can't resist sending a contribution since I am now a grandmother and have four grown children of my own, so plenty of "mom history"!

So here's an idea I heard on the Christian radio station a number of years ago. Go to a thrift store and pick up a pretty plate or a child's plate. Take a small tube of embossing paint (the kind that doesn't come off — I used pink) and outline a pink heart on the edge and write the words "God loves you", "You are very special" or "I am proud of you" in a circle around the edge. When one of my kids had had a rough day or done something kind for someone, I would take the plate out and set it in their place to use for supper that day. This not only made them feel loved and appreciated but spurred the other kids on to kindness too.

- Merrilyn Barber, Kingston, ON - P.S. *We still have the plate!*

Got dry skin this winter??

Are your hands beyond dry? From one woman to another... here are a few things that work for me! - Mélanie

- *Mary Kay Extra Emollient Night Cream*. Put on thick and let soak in over night. You can follow with Satin Hands in the morning if you like, or just a good moisturizer.
- *Crab Tree & Evelyn La Source Skin Therapy Hand Recovery*. A quicker all-in-one fix. Not as long lasting for my dry hands, but still helps a lot! Follow by a good moisturizer.

Favourite Hand Moisturizers

- *Aveno Intense Relief Hand Cream* (Natural colloidal oatmeal)
- *Lubriderm Advanced Moisture* (Vitamin A & E enriched)

Other women swear by the following moisturizers:

- *Crab Tree & Evelyn's Gardener or La Source* moisturizers
- *Glycomed* (with glycerine, silicone and camomille)

For cracked skin—try *Skin Crack Care*, a liquid bandaid by Nexcare. It's awesome—eases the pain and helps it to heal!

A Candid Moment

Have a special moment you captured on film? Send it along!



The joy of being brothers!

Picture from our very own Anna, Sudbury, ON

Bulletin Board

- **As April approaches...** We're looking for Easter contributions (pictures, a unique family tradition, or a funny/touching family story). Keep it coming ladies!
- **A Note on Good Eats...** In order to better encourage moms to take good care of their families, we are now putting a healthy focus on Good Eats. Our aim is to provide moms with quick healthy meal ideas. Please keep this in mind when submitting a recipe!

Good Eats! - Share your healthy food ideas!

Quick Breakfast idea for those crazy mornings.

Take a frozen waffle toasted in the toaster, then spread peanut butter, sprinkle with raisins, fold it and off you go. Easy as 123!!! My kids just LOVE IT!! - Danielle, Whitby, ON

Creamy Chicken and Rice Soup

Prep: 25 minutes Cook: 30 minutes Makes: 6 servings

- ½ cup chopped onion
- 1 celery stalk sliced
- ½ cup sliced carrot and/or sliced mushrooms
- 1 tbsp butter
- 1 14-ounce can reduced-sodium and fat free chicken broth
- 1 10 ¾-ounce can reduced-fat, reduced-sodium condensed cream of chicken soup
- 1 cup water
- 16 ¾-ounce package chicken-flavoured rice pilaf mix
- 2 ½ cups 1% milk
- 2 cups chopped cooked chicken
- snipped fresh parsley (optional)

1. In a large saucepan cook onion, celery, and carrot in hot butter over medium heat until tender.
2. Add chicken broth, soup, and water. Stir in pilaf and mix with the seasoning packet and pepper. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until rice is tender, stirring occasionally.
3. Stir in milk and cooked chicken; heat through. If desired, sprinkle each serving with parsley.

Taken from recipe book: **Kid Favorites Made Healthy by Better Homes and Gardens**. Submitted by our own Caroline, Ottawa, ON

A Quiet Moment - *Inspirational thoughts*

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

Do you feel weary? Do you feel burdened? God promises to give you rest if you come to Him. We carry a lot of unnecessary worry and strain on our shoulders because we don't know how to leave them with God. He cares about you. He knows you. It doesn't matter what your burdens are or how weary you have become, God wants to help and share your life with you—whatever it may be! I encourage you to take a break from your struggles, pray to God and give them ALL over to Him. Let His peace give you a much-needed REST! And if you don't feel weary or burdened—great! God wants to share in ALL of your life—the good stuff too! - Anna

Reader Reactions - *Comments used with permission*

"Great job on the newsletter! It looks terrific and I think it will be a great encouragement to lots of Moms. It's always nice to know "you're not alone" when it comes to being a Mom, wife, chef, scheduler, referee etc etc etc." - Jenny, Uxbridge, ON

"What a neat idea ladies! I thoroughly enjoyed reading [my] first issue of Mom's Moments and am writing to encourage you to carry on with the good work!" - Merrilyn, Kingston, ON

"I just finished reading the Feb issue...I really liked it and what a great idea!" - Suzie, Uxbridge, ON

This Month's Top Picks for Resources

Got a resource you think other women should know about??

1. Did you know that there is a **new Canada Food Guide**? It is more detailed and worth checking out. The website has new interactive features that allow you to personalize your food guide. Visit www.healthycanadians.ca
2. **"Your Best Age"** - Every woman wants to avoid the signs of aging. Check out "Your Best Age" for the inside story on achieving vibrant skin through age-specific recommendations. This is an informational supplement by Rogers Media found in this month's issue of the magazines listed below. You will read about the science behind better looking skin from your 20s to your 50s with hints about what to look for in products depending on your age. You'll also read about the effects of and helpful information about good nutrition, sun-damage, sleep, pollution/environmental stress, exercise, and smoking. This is a must read for all women! (*Found in the March issues of Today's Parents, Glow, Pure, Flare, Enfants Québec, Cosmetics, and the French & English versions of LouLou and Chatelaine.*)
3. **Parenting Matters...** "Join Focus on the Family Canada and best-selling author and speaker Dr. Tim Kimmel, for an evening of tips and tools on showing grace as a parent... when it counts the most! Learn to raise your kids for true greatness in their generation. The Parenting Matters tour is coming to a Canadian city near you this spring. For more information visit parentingmatters.ca."

Heart & Home—Gaining Perspective

Reflections about the ones we love.

When I was home with my children, I found that there were times when I was getting caught up in worrying about certain behaviors. I would watch them play with other children hoping that my eldest wouldn't overpower situations, and that my youngest wouldn't shy away from activities. I thought of the ways in which I heard them both described (lovingly so!). Words such as bossy, fussy, sucky, and too sensitive were often used.

I decided that while I may need to streamline some behaviors, that the best thing I could do for them was to gain some of my own perspective. Long ago in a university class on human behavior, I learned that perspective is one of the most powerful tools a person can use to improve the quality of their thinking. I felt like I could apply this very principle as a parent. I valued my children's innate qualities, so I provided a better label for their behaviors, helping them along with their social development by getting them to think, share and reflect upon their actions. So bossy became a leadership skill, fussy became an opportunity to learn to express themselves, and sensitive became empathic.

I am not suggesting that we make excuses for our children's behavior or sound like a parenting manual, (that would be far too superficial), but I am saying that a little perspective takes you down a more peaceful road. It also sends a positive rather than negative message to your child. I hope and pray that I can hang on to this "perspective" in the teen years, which suddenly seem like they are just around the corner!
- Diana, Newmarket, ON

Budget Savers - *Keeping the Piggy Bank Full*

Take a break from paying full price for your groceries!

Here are some tips I've learned over the years. - Anna

- Bakery outlets—We have a Weston's outlet in town that charges \$0.75/loaf of bread! They also sell bagels, buns, tortillas, pitas, etc. for amazing prices! Load up the freezer!
- Reduced produce—Discard anything unusable, then wash, chop and freeze the rest. Big bags of veggies go for less than \$2!
- Stock up—Buy a freezer, clean out pantries and kitchen cupboards, and MAKE SPACE for the deals!
- Newspaper flyers—get great bargains for a few moments work of browsing flyers. Drive to the different stores if you can—you really CAN save a lot!
- Know your prices—track which stores have the lowest prices for your products—keep a price book if you can!

Parenting Q & A—On Potty Training

One mom writes: "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!!"

Send any responses to melanie@momsmoments.ca.

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

Email melanie@momsmoments.ca to be put on the mailing list to automatically receive it by email monthly.

Health Nut - Wellness in a nutshell

What's all the hype about drinking WATER?

Do you like those dark circles under your eyes? How about that lovely cellulite? Constipation is always fun isn't it? How about dry mouth, dry eyes, dry skin, dark strong smelling urine, light headedness, headaches, diminished physical performance and mental performance, irritability, fatigue? Here's where it gets more serious... increased risk of kidney stones, urinary tract infections and cancers, colon cancer, breast cancer, childhood obesity... Do I have your attention now?

When you think of dehydration, what do you imagine? I usually think of my patients in the ER following a bout of diarrhea and vomiting needing IV fluids for re-hydration. Mild dehydration is defined as 1-2% loss of body weight (about 1.5 lbs on a 150lbs person). At this point, the symptoms usually include headache, fatigue and impaired physical performance. The easiest way to see if you are well hydrated is by looking at the colour of your urine. Your aim is to have a "very pale yellow", "pale yellow" or "straw coloured" urine.

So how much water do you need to drink on a daily basis to maintain proper hydration? Just think that your body loses 2.5 liters of water daily through urine, intestinal waste, the lungs and perspiration through the skin. You therefore need at least 2.5 liters (or about 10 cups) of water just to break even. Throw in regular exercise and you'll need to boost that to at least 3L per day. If you are a coffee drinker (or any other caffeinated beverage), remember to replace each cup (250mL) of caffeinated drink with 2 cups (500 mL) of water. That's ON TOP of the 3L/day. Do I have you reconsidering your morning coffee?

If you are an exerciser (good for you!!!), a general guideline during physical activity is to drink 150 - 300 ml (1/2 to 1.5 cups) of fluid every 20 minutes (consider that one gulp is about 30 ml, so try to take at least 5 - 10 gulps every 20 minutes). If your workout is less than 60 minutes, water is an adequate hydration replacement. However, if your workout is more than 60-90 minutes long, drink water plus 30-70 grams of carbohydrate per hour (ie. sports drinks such as Xilarate - see www.newfluid.ca for more information) Drink 125-250 ml of fluid every 10-20 minutes.

What if you don't like the taste of plain water? I'll be honest with you, I'm not a big fan of juices with their high sugar contents, but one to two glasses a day is acceptable. Eat your fruits, don't drink them. As for milk, all you need as an adult woman is 2-3 glasses (250 ml each) per day. If you are pregnant or breastfeeding, you will need to drink 3-4 glasses of milk per day. Carbonated beverages, coffee and tea (unless decaffeinated) will all need to be replaced with water (2:1 ratio) as mentioned earlier. If you need to spike your water for flavour, consider adding lemon or lime wedges to it. My favorite is to combine lemon slices, lime slices, fresh mint leaves and a stick of lemongrass to stir it all up. Let it sit a few hours in the refrigerator and savour it especially on a hot summer day. Serve it to your guests and they'll be impressed with the presentation, not to mention the taste!

Food can also be a water source. Here is a table of some common foods which contribute fluids to the diet.

FOOD	SERVING	% WATER WEIGHT
Lettuce	125 ml	95%
Watermelon	125 ml	92%
Broccoli	125 ml	91%
Grapefruit	125 ml	91%
Milk	125 ml	89%
Orange juice	175 ml	88%
Carrot	125 ml	87%
Apple	1 medium	84%
Yogurt	250 ml	75%

Yes, when you initially increase your water intake, you will inevitably have to go to the bathroom more often... but this settles down as your body adjusts, so stick with it! Just read the first paragraph again to be reminded of the benefits of adequate hydration! I hope that you are now ready to drink your water! An energetic, healthy life awaits you!

Exercise of the Month - The burpee!



Step 1: Starting position: stand tall, feet hip distance apart.



Step 2: Crouch down, keeping your back straight and get ready to put your body weight on your hands.



Step 3: Placing your body weight on your hands, jump back with your feet so that they land right behind you. Your back should stay straight and aligned. Now in one quick movement, bring both feet at once back under you so that you are in that crouched position again (step 2) and then stand or jump up to starting position (step 1).

Repeat 10 times or for 1 minute to get your heart rate up. This is a great cardio move and it works the shoulders, core and lower body.

- Caroline Deschamps, RN(EC), PHCNP, BScN, PTS, PFS
(See the Information Page for more on Caroline)