

Mom's Moments

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Summer 2009



Volume 3, Issue 6

Info Corner...

MM's Summer Break

There will be no Aug/Sept newsletters. Look for our next issues of MM and Deeper in [October!](#)

Need summer reading?

Find past newsletters at www.momsmoments.ca/pdfs, and visit the blogs highlighted on our site!

New Deeper Website!

MM's sister site is for all things faith... check it out www.deepermoments.ca

Visit us online...

www.momsmoments.ca

Find out more about MM & our team, discover our online resources, polls & blogs, access all our newsletters, get ideas on how you can contribute & more!

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A Note from Anna

Recently my youngest son turned four years old. I tucked him into bed on the last night he was 3, kissed his chubby cheeks, and stopped for a second to gaze at his sleeping angel face. Then I checked on my almost-8-year-old and watched him dream—already tanned from playing in the sun, already tall enough to take up a lot of his double bed. He was clinging to the stuffed animals he still falls asleep with, and yet he'll be old enough to drive a boat in Ontario this summer. Still a little boy, yet more and more becoming a little man.

I shed some silent tears—I love these boys with all I am, and I try my best to soak up every second as I watch them grow. How can I already miss them when they're not even close to being grown up?

There are new chapters coming in my life. No more preschoolers in the house in the fall, and no more editing these wonderful newsletters for you ladies. I am excited for new chapters, yet I will miss the ones that are already written. I'm happy that the *Mom's Moments* newsletters will continue on in very capable hands, and I look forward to contributing some of the writing!

Whatever chapter your life is writing right now, I encourage you to enjoy the moments and live to the fullest.

It's been an honour ladies... I'd love to keep sharing the adventure of motherhood with you, so check out my blog if you haven't already:

www.annasklar.wordpress.com

Heart and Home

Special stories, reflections or traditions from your family

It's time for me to start mowing the lawn again. I'm actually happy to take on the task of mowing our bigger-than-average lot. It's a good workout, I love being outside, I don't have the nasty allergies my husband has, and it gives me this wonderful sense of nostalgia...



My front yard—isn't it pretty?

I loved watching my dad mow the lawn when I was a kid. It was pure art. He would mow perfect lines and make it look like someone had taken a big green marker and drawn in one direction, then the other, sometimes even at an angle. Magic. We had this green shag carpet in our living room and if dad was asked to vacuum, imagine it looking like he'd just mowed. It was beautiful!

I remember helping him clean the freshly-mown grass out of the blades, glad just to be in his presence. I always wanted to help my dad with his chores, and though this must have stood in the face of his chivalry sometimes, I think he knew that I just wanted to be with him.

As I head out to mow this summer, I'll take special care in cleaning the blades, and I'll think about my dad... and how parents can really equip their children just by sharing life with them.

Thank you Dad, and Happy Father's Day.

—Anna

Helping Hand - Grocery List Additions

Share your ideas for reaching out to those in need

The next time you sit down to write out your grocery list, try to remember to add a couple of items:

- A loaf or two of whole grain bread to drop off at the local mission. Have your kids take the bread inside with you if they're old enough!
- Non-perishable food items for the local food bank (try to make it healthy—nothing too sugary or processed). Many grocery stores have big boxes or bins located right inside the store for food bank items. If not, ask if they'd consider starting one!



Tips for "Greening" Your Vacations

1. **Be a tourist at home**—Have you ever tried exploring your own city?
2. **Get your vehicle "road ready" and more earth friendly**—Replace your air filter every six months. Ensure all four tires and the spare are properly inflated. Change the oil regularly.

Steer clear of aggressive driving.—*From CAA Magazine*

3. **Take the train**—Not many people I know ride the train anymore. But it is a fun experience and something different for kids. Take it to a big city where you won't need a vehicle to get around anyways and save on some

more gas.

4. **Try out a green hotel**—Many hotels are becoming more environmentally friendly. They recycle just like we do at home. They will allow you to reuse your linens rather than changing them every day. Check out www.independenttraveller.com

—Lauren Raymond, Sudbury, ON

A Quiet Moment - Inspirational thoughts from the Bible

The King will reply, "I tell you the truth, whatever you did to the least of these brothers of mine, you did for me."

- Matthew 25:40

One little bag of Amish Friendship Bread Starter can really go a long way (recipe on page 3!).

A friend of mine recently gave me a starter bag, and little did I know where that bag of dough would lead! As per the instructions, we took care in mashing the bag over the course of 10 days, and adding ingredients when necessary.

The big bake day came and we made 4 loaves of bread. We had planned ahead of time to distribute them to our neighbours (and keep one for ourselves to enjoy!). It's amazing what four loaves of bread can do!

So we kept the starter bag going, and planned ahead for the next round of bread... where would it go? Who would it bless? We were starting to catch on to the possibilities.

We decided to pray over our bag

of dough every time we mashed it for the next 10 days, for the people who would eventually consume our delicacy. Then when it was time to bake the bread we would take a few loaves to the mission.

I'll never forget my sons, walking into the mission with their daddy, each with a loaf of bread in hand, and me just smiling and watching from the van. What a blessing.

Serving others and showing compassion doesn't have to mean huge, extravagant effort on our part. You don't have to look much farther than your neighbourhood to see the "least of these brothers." I know there have been times in my life when I was one of the "least", and others have blessed me.

Our son already has ideas for the third round of bread—he's getting it, and getting excited about it... thank God for Amish Friendship Bread! - **Anna Sklar**

Read more about compassion and service in the new Deeper issue on our homepage. Also discover our Deeper Moments site:

www.deepermoments.ca

Health Nut - Ask the Dentist

Health-related topics, exercises or nutrition facts that promote wellness in a nutshell!

Q: My 6 year old's newly grown teeth seem to be really yellow. I brush them like crazy and it's not getting better. What can I do?

A: Unless there's a high accumulation of plaque (*which you'll see an immediate difference the moment you brush her teeth even gently*), no amount of extra brushing will whiten your child's teeth. Adult teeth are usually a little yellower than baby teeth, which is why parents worry that their kid's new teeth are yellow. If desired, you can get the teeth whitened once they are older.

Q: My daughter lost her two bottom teeth, and the new teeth have grown in all crooked. Do I need to worry about her needing braces?

A: Your daughter may end up needing braces if she already has crowding issues, but as far as the bottom teeth growing crooked, they usually move themselves into position over time because of her tongue thrusting and gently providing pressure on those teeth to move them to proper arch alignment.

Q: Every now and then my son grinds his teeth at night. Does this

mean that he's likely doing it more often or is it normal for kids to grind their teeth infrequently? Should I be doing anything?

A: Although a concern for most parents, there are no real interceptive or successful measures to correct this habit. There is nothing to be done at this age.

Q: My 3 year old loves the baby tooth paste and I'm having a hard time switching her over to tooth paste with fluoride. When should I start to worry about her truly needing the fluoride?

A: This is a multifaceted question where an entire article could be written! The following is a very simplified answer. If your child is susceptible to cavities, you have to look at the water you're giving them. Bottled water has no fluoride, so better to drink tap water. If you are on well water then you have to check the fluoride content. You might have elevated fluoride therefore have to watch the amount of well water they're drinking. On the other hand, if there's no fluoride, your child may be more at risk of cavities. The important

One Day...

You'll have to reach down to give ME a hug

You'll read stories to yourself

Even your big-boy bed will be too small

Your shoes will be much bigger than mine

It will cost at least double to feed you

Your razor will sit right beside your daddy's

Someone else will snuggle with you

I'll miss these precious days with you

And enjoy you in such different ways

One day...

By Anna Sklar, Sudbury, ON



thing is to get them to brush.

Q: When should my kids go for their first dental check-up?

A: If you suspect anything or have any questions under the age of two, it would be advisable to visit your dentist. Before that age, not much is done. It's more of an educational visit for parents. Many dental offices recommend an informal first visit often when Mom or Dad get their teeth cleaned. If there are any concerns, parents shouldn't wait, go see your dentist to ask your questions. Otherwise, the first visit should be between the ages of 3 and 4 as they usually start being more cooperative for the first cleaning and exam.

-The Family Dentist

Brought to you by our Health Nut:

Caroline Deschamps (PHC-NP, PTS, PFS), nurse practitioner & personal trainer specializing in pre/post-natal fitness in Ottawa, Ontario.

Tasty Treats - Amish Friendship Bread Starter

1 (.25 ounce) package active dry yeast
 1/4 cup warm water (110 F/45 C)
 3 cups all-purpose flour, divided
 3 cups white sugar, divided
 3 cups milk



In a small bowl, dissolve yeast in water. Let stand 10 minutes. In a 2 quart container glass, plastic or ceramic container, combine 1 cup flour and 1 cup sugar. Mix thoroughly or flour will lump when milk is added. Slowly stir in 1 cup milk and dissolved yeast mixture. Cover loosely and let stand until bubbly. Consider this day 1 of the 10 day cycle. Leave loosely covered at room temperature.

On days 2 thru 4; stir starter with a spoon. Day 5; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Days 6 thru 9; stir only.

Day 10; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Remove 1 cup to make your first bread, give 2 cups to friends along with this recipe, and your favorite Amish Bread recipe. Store the remaining 1 cup starter in a container in the refrigerator, or begin the 10 day process over again (beginning with step 2). - **From allrecipes.com**

Find many other cooking variations for the bread on this site.

A Candid Moment - Share your pictures!



Beautiful Butterflies

Picture from Karen Gregoire, Bowmanville, Ontario

My Story - Renovations Result in Perspective



Emilie and her crew working on the renovations.

Check out Emilie's home renovation blog "Demos & Renos":

www.emiliemarielle.blogspot.com

Have you, are you or will you be living through renovations? Then you may want to chat with others about it all and share tips to help you and your family cope!

Join Mom's Moments new Facebook Group to get in on the discussion! For more info visit:

www.momsmoments.ca/news.

When life gets in the way of renovating a house, it no longer makes the task difficult, it makes it nearly impossible. Not only do you have the daunting task ahead of you of turning a pile of mess into something beautiful and functional, you also have to do it with a schedule that constantly forces you to postpone your progress.

My husband is the mastermind behind redesigning and renovating our house, and my job is not to complain too much. He had to build a new roof on our house since the old one was too flat. He then proceeded to gut half of the house which contained the kitchen, living room and half the dining room. He worked diligently at throwing all the old stuff out, putting insulation in, rewiring, building a wall, dry-walling, mudding, putting down the flooring, putting in the kitchen cabinets and the sink and hooking up all the plumbing. He dealt with leaks from the ceiling to leaks from the pipes to an entire toilet cracking and leaking. So much water! Often I would ask him if he didn't feel like just giving up. He said nothing would get done. What a

wise man.

Although I don't have many construction stories, I do have one experience with the roof. There was a random week of snow in November, the perfect time for my husband to go away for work. Not the perfect time for the tarp on the roof to blow over. I called him hoping he would fly from Saskatchewan to Ottawa in 20 minutes to be able to fix it, but apparently it wasn't possible. His suggestion was that I find a couple of 2x4 planks in the basement and screw the tarp onto the roof. With the gusting winds and blowing snow, it was a frustrating, uncomfortable, scary experience with the thought that I would fail at the forefront of my mind. I didn't fail though, because I knew it wasn't an option.

What I've noticed from these renovation experiences is that God has provided for us encouragement, help and love from others just at the right moments. He has lifted our spirit when we were feeling down. When the work is completed, we will know that this was possible on the strength and ability that God has given us.

When we start complaining too much, it's because we don't have the right perspective. I've seen that we are blessed in so many ways by having running water - in more than one place. We have space for our kids to play and couches to sit on and tables to eat at and easy ways to clean up after ourselves, but we don't need it. I lived for several weeks in 500 square feet with no kitchen or living room and I'm still alive. Our only source of running water was from the bathtub (and toilet, but you know), so anything that needed washing or filled with water was done there. Our bedroom was our living room and even dining room most of the time. And take-out or restaurants were not an option for us. I have to admit that now that we've spread out, I am a much happier person to be around, but it has given me a much better perspective and I don't regret going through it. I challenge you to do something drastic in your life and see what results come of it. You'll be amazed at how much more you'll appreciate the things you have, and spend less time wishing for the things you don't have.

- Emilie Godin, Ottawa, ON

Are You a Man Whisperer?

In honour of Father's Day, here's an article by Rick Johnson—Founder of BetterDads.net

The following are Ten Keys to Successful Communication with Your Man. A woman, with her superior communication skills, can be a big help to her man (and her relationship) by helping and guiding him to learn to communicate better instead of being agitated by his lack of skills in this area. Remember men communicate differently than women. If you try to talk with your man like you do your girlfriends you will both probably be disappointed and frustrated. However, if you practice these ten tips on a consistent basis you will be well on your way to becoming... *A Man Whisperer*.

Whisper #1

GIVE HIM SPACE--One strategy that works well with men is to tell them something you want their feedback on and then ask them to think about it for a day before answering. It takes men time to process information—especially emotions.

Whisper #2

SIMPLIFY--Learn to simplify the conversation. If you talk to your man like you do your girlfriends he will just stop listening. Men have about a 30 second attention span. If you don't get to the point by then their mind will start

looking for other problems to solve.

Whisper #3

ONE TOPIC AT A TIME PLEASE--Stick to one topic at a time and let a man know when you're changing topics. Letting a man know when you are changing topics allows him to shut off the problem solving mode and be open to the new topic.

Whisper #4

BE CONSISTENT--Consistency is very important when communicating with men. Men generally cannot process more than one thing at a time.

Whisper #5

LEARN HIS LANGUAGE--Men are much more literal in their conversations than women. When he asks you what is wrong and you say, "Nothing" he will likely take you at your word.

Whisper #6

GIVE HIM A PROBLEM TO SOLVE--Men love to problem-solve. Rather than nagging him about an issue that's troubling you, say something like, "Honey, I have a problem that I'd really like to get your help with."

Whisper #7

GET PHYSICAL--Since men are action-oriented, go for a walk or hiking, play a round of golf, or even drive on a deserted highway together (so he's not distracted by traffic) when you want to talk with your man.

Whisper #8

TIMING IS EVERYTHING--If you bombard him with complaints the minute he walks in the door from a hard day at work, he's not likely to be willing to listen. Oftentimes, giving him a half-hour to change clothes and decompress will do the trick.

Whisper #9

FIGHT FAIR--Men and women argue differently. You cannot take to heart much of what a man verbalizes when he is upset. He doesn't think about what comes out of his mouth, especially in the heat of the moment. Unfortunately for men, women do.

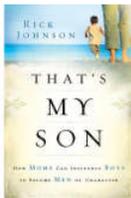
Whisper #10

SPEAK PLAINLY--Remind him often that you just need to be heard, you are not looking for a solution. Tell him that at the beginning of the discussion so that he can switch off his "problem-solving" mode.

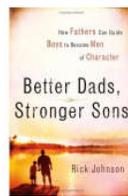


Rick's Books...

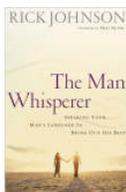
Author and Speaker Rick Johnson believes "families, communities, and our society can grow stronger when parents begin to realize the unique power and influence we have in the lives of our sons and daughters." Discover his books below.



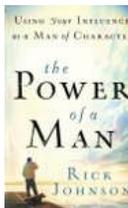
That's My Son
How **Moms** Can Influence Boys to Become Men of Character



Better Dads, Stronger Sons
How Father Can Guide Boys to Become Men of Character



The Man Whisperer
Speaking Your Man's Language to Bring Out His Best



The Power of a Man
Using Your Influence as a Man of Character

Life isn't a matter of milestones but of moments.

- Rose Fitzgerald Kennedy

Is your family lacking a DAD?

You may be interested in going back to read J.D. Heffern's article:

"Without a Dad on Father's Day" in the **June 2007** issue of **MM**. Find it at:

www.momsmoments.ca/pdfs