



Moms of Mississauga



M.O.M

NEWSLETTER

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Page 1
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MomsofMississauga.com is an online resource directory for mothers and others who want to keep informed about the activities and businesses in the Mississauga area.

Our vision for this newsletter & website is to be a positive voice for the Moms of Mississauga and family community. We encourage you to write and share your experiences and inspirational stories.

If you would like to share a story with us, please send an email to info@momsofmississauga.com We look forward to hearing from you.

M.O.M Online

- Classifieds
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YOUR RESOURCE DIRECTORY & ONLINE COMMUNITY.

VALENTINES DAY, WHAT DOES IT MEAN TO YOU?

My first reminder of Valentine's Day approaching was back in December, just a couple of days before Christmas. I went looking for some tinsel for my Christmas tree and decided to pop into the dollar store. To my surprise, they had already stocked their shelves with Valentine's Day stuff. We know what Valentine's Day means to the retailers, but what does Valentine's Day mean to you? Is it just one of those days that you expect to receive a box of chocolate, flowers and a card; or is it a celebration of Love and appreciation?



I grew up in a family who did not easily share their feelings. I knew that my parents loved me, but I did not hear it very often. Something that I told myself I would do if I had children was to shower them with love and affection. I try not to let a day go by without telling my kids that I love them.

Valentine's Day first came about to honour St. Valentine a priest who was sentenced to death for disobeying the Emperor's law. The Emperor stated that no young man be married as they made better soldiers. St. Valentine did not agree with this and conducted marriages in secret. While in jail, he fell in love with the daughter of the jailer and prior to his execution he sent her a love letter and signed it "your Valentine".

Last year was my daughter's first year in school and being a new parent I was caught off guard about Valentines Day for kids. I completely forgot those days as a child, when everyone exchanged Valentine's Day cards with their friends. So here we are with February 14th fast approaching. Here are a couple of things to think about and ask yourself? Did I remember to buy my kids their Valentine's Day cards to hand out to their classmates? Also, do I show love and appreciation to my significant others on a regular basis and not just on this particular day of the year? *Written by Cj*

YOUR CHILD'S FIRST DENTAL APPOINTMENT

It's important to establish healthy oral care habits very early in a child's life. From the time that your baby is born, you should be cleaning their gums & tongue with a damp wash cloth or gauze. Not only does this keep their mouth clean, but it also allows your child to get used to keeping their mouth open, whether it's for a toothbrush or a dental instrument. (continued on back page)



HOW DO YOU DO IT?

It's always a difficult task getting ready in the morning. What do you do to save time?

Email us at: tips@momsofmississauga.com

Thank you for your tips. Please view Parenting tips on our website.



USEFUL RESOURCES

MOMSOFMISSISSAUGA
ONLINE

THE GREAT BEGINNINGS KIT
A FREE RESOURCE WITH
PRACTICAL EVERYDAY TIPS
FOR PROMOTING HEALTHY
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Health Line Peel (905) 799-7700

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PEEL READINESS CENTRES

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MISSISSAUGA PARENT CHILD
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SHERIDAN VILLA

*

ONTARIO EARLY YEARS
CENTRES

*

MISSISSAUGA BRANCH
LIBRARIES

YOUR CHILD'S FIRST DENTAL APPOINTMENT (cont'd)

Your baby's teeth can come in as early as 3 months or as late as 12 months. On average, the first teeth to come in usually erupt at 6 months. Once the teeth begin to appear it is important to brush the teeth with a baby toothbrush, or soft cloth with water. By the age of 3 and once your child's full set of baby teeth have erupted, it is time to schedule an appointment. At this appointment they will allow your child to have a ride on the dental chair, introduce your child to Mr. Sunshine (the dental light), and then have all of their teeth checked by the Dentist. This way your child will have fun and feel more comfortable.

In order to make your child's dental visit a pleasant one it is highly recommend that you get him/her used to the office. Schedule an appointment for yourself and allow your child to accompany you. Children always like to do what their parents do. So, if they see Mom or Dad coming to the Dentist to have their teeth cleaned then they will be more at ease when it's their turn.

Prepare your child a head of time. Let them know that they will be visiting the Dentist and explain to them exactly what will occur. Be enthusiastic about it and don't use scare tactics, threats or transfer any fears that you may have about the Dentist. Borrow a book from the library about first visits to the Dentist. Remember first impressions are almost always lasting impressions. *Written by Cj*

We would like to help create a positive experience for your child's first visit to the Dentist. Call us, we're here to help.

Dr. Raymond G. Fayad and the Lakeview Dental Team are providing free introductory consultations for you and your family. To ensure that they are the right dental office for you, they invite you to take a tour of their comfortable and relaxing facility and meet their dental team. You can speak personally with the Dentist about any oral health concerns that you may have.



Lakeview Dental Centre

645 Lakeshore Rd. E. Mississauga, On L5G 1J5

Phone: 905-278-3567

Web site: www.lakeviewcosmeticdentistry.com

Email: lakeview645@rogers.com



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