



# Moms of Mississauga



M.O.M

NEWSLETTER

Volume 1, Issue 4

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April 2007

**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.

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## April Showers Brings Flowers & Babies

Spring is all about life, growth, & renewal. The buds start to appear on the trees, the grass begins to grow, and there's a certain freshness in the air.

This is the time when the birds return from their long winter break singing their happy song. Squirrels come out of hibernation in search of food. We humans also come out of hibernation bidding farewell to the winter chill and welcoming Spring.



The first day of Spring officially starts on March 21st, but we usually don't see the signs until April. One of the first signs of Spring are the many people walking in the streets. You can see it in their faces how happy they are that Spring is here again.

The happiest of them all are those mothers who have had winter babies. They've chosen to protect their infants from the harsh elements by staying inside. Then it's the mothers who are tired of being loaded down with winter gear & getting their children dressed appropriately for the weather.

Now that the big heavy coats are off, you start to notice a lot of pregnant women and Moms strolling around with their new-borns. Women you haven't seen all winter are expecting and celebrating the change of season. Winter is over and with Spring comes showers, flowers and more babies.



## Spring Cleaning

Now that it's Spring again, it's time to open up your doors and windows and let the natural light and fresh air in. Before you open your windows you might want to consider getting them cleaned first.

All of you Super Moms, you know who you are, why not get your windows professionally cleaned. Cleaning your windows is not an easy task especially when you have a lot of windows in your home. Don't waste anymore of your valuable time that could be spent with your family. Why not let the professionals do their jobs.



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## Choosing a Baby Carrier

By Elizabeth Pantley, Author of Gentle Baby Care

Most parents find a baby carrier to be invaluable during the first year of their baby's life. There are many types and styles to choose from. The different types of baby carriers fall into three main categories: slings, front packs and backpacks.

### Slings

These are made of fabric and are available in a wide variety of styles. They "sling" sash-style over your shoulder to hold baby in front of you. Slings offer many benefits to both baby and parent. Here are some of the most commonly cited by experienced sling-users:

- A sling is perfect for the newborn months, when Baby needs to be held often in your arms, as opposed to being pushed at arm's length in a stroller.
- A sling is an excellent way to carry your baby around the house because it keeps your baby happy while leaving your two arms free to go about your daily tasks.
- Sling carriers are multi-purpose. You can use them to carry your baby, to create privacy for breast-feeding, and to cover your sleeping baby. Some feature a tail that can double as a blanket or coverup.
- Putting your baby into (and getting him back out of) a sling is a breeze. You can even get a sleeping baby in and out of one of these soft carriers without waking her.
- You can carry your baby in a variety of positions.
- Slings are small, lightweight and easy to transport.
- Slings are wonderful to use when a stroller would be inconvenient, such as up stairs, through large crowds or narrow aisle ways, or over rough terrain  $\frac{3}{4}$  or when you'll be going in and out of the car frequently.
- Slings put your baby at the height of people's faces instead of at their knees.

You can use a sling right up through toddlerhood, when little legs get tired of walking.

An important note about baby slings: They can be confusing to use at first, and your baby can slide out of the bottom if not positioned correctly. Try to find an experienced sling-user, a how-to video, or a knowledgeable sales clerk to help you master the art of baby slinging. Your local La Leche League leader may be able to offer pointers, too.

Slings are very much worth the effort. I bought a sling when my second baby, Vanessa, was born. I couldn't figure it out, so I left it in the closet. When my third baby, David, was born, I attended a mother-baby class, learned how to use my sling  $\frac{3}{4}$  and was immediately hooked! I used slings extensively with my third and fourth babies and found them to be a marvelous baby care tool.

### Front packs

Front pack carriers are similar to slings in use but are more complex in their structure. They have a seat that attaches to the front of you with straps that crisscross behind you; these straps secure the carrier to your body. Here's what you need to know about front packs:

- The benefits of front packs are similar to many of those of slings, such as their light weight and portability, and the fact that you can carry your baby while keeping your arms and hands free.
- Some allow you to choose between carrying your baby facing inward toward you or outward, facing the world – which is often fun for older babies. (cont'd on page 3)

**Thank you to all of you who attended the "We Are Family" Dance Party.** The kids enjoyed dancing to the tunes played by the talented and entertaining Don Reeves. If they weren't dancing they were playing, eating or getting their faces painted by Uncle Al, who goes beyond just a simple face painting. Thanks to our sponsors PC Academy of Martial Arts, Pippi's World & Roundabout Kids for the door prizes and vendors Danny, Discovery Kids, Making Music Together, Mary K & The Mini Tee for participating. Looking forward to seeing you at the next event.



This month's online Featured Business is By The Lake Massage Therapy & Wellness Centre.

Find out about a safe & easy way to detoxify your body.

## Choosing a Baby Carrier (cont'd)

- Settling the baby into and out of the carrier require more steps than a sling does.
- Moving a sleeping baby into or out of the carrier is difficult, unless the seat unbuckles separately from the harness.

Front packs are better suited to a baby who is strong enough to hold his head upright.

### Backpacks

A back carrier is similar to a camping backpack. It has a seat for your baby that attaches to your back with a frame and straps that cross over your shoulders. A few things to know about backpacks:

- They're perfect for an older baby who loves to look around and be carried high on your shoulders.
- Many backpacks have pouches for holding supplies.
- Some models have a canopy for inclement weather or sun protection.
- Getting a backpack off (and putting it on) are typically two-person tasks.
- Backpacks are best for an older baby who can sit up well.

They're great for an all-day trip, such as hiking, shopping or visiting an amusement park

### How do you decide which carrier to use?

No single baby carrier is perfect for all parents. Every parent has different needs, preferences and proportions. Many people actually begin with one type of carrier and move on to another when their babies get older.

First, think about how you plan to use a carrier. Will you use it primarily at home, instead of a stroller while away from home, or both? Do you already have a stroller, or must your carrier fill all your baby-carrying needs? Defining its purpose will help you choose which carrier is best for you. Read the package information (or talk to other parents who own a similar carrier) to learn which purposes it serves best and to determine if it matches your needs.

The very best way to decide? Try carriers on  $\frac{3}{4}$  either at the store or with a friend who owns one. Actually putting your baby in the carrier will give you the best idea as to fit, but if you are shopping without your baby (or don't have your baby yet!) try using a stuffed animal from the toy department.

### PARENT TIP

"I put my newborn in the sling so I could sit in bed at night with my toddler and read books. It kept us all together, my hands free and gave reading time to BOTH boys!"

Amy, mother of AJ (4) and Ryder (2)

## Personal and Family Safety Protection Tips

By C.J. Doyle, Chief Instructor of Academy of Martial Arts, Port Credit  
www.dojoworld.ca

The following are tips that can help you avoid becoming victim of a crime when you are out and about, or working at your job. By taking a few simple precautions, you can reduce the risk to yourself, and also discourage those who commit crimes.

Burglars, robbers and thieves seek primarily to remove cash or property. Many such intruders are capable of harming people with little provocation, so whether at work, at home or out on the street these precautions should be taken. (cont'd on page 4)



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able in many colours. **Contest  
ends April 28th, 2007.**

**Submit your community  
events & classifieds Free to  
info@momsmississauga.com**  
(subject to approval)

(Cont'd from page 3)

## Top Ten Actions To Take If Kids Are Grabbed

1. To make as much noise as possible.
2. To yell "this is not my Father/Mother" or "Stranger, Stranger" repeatedly.
3. To scatter their books and belongings if they're headed towards a car.
4. That it is okay to kick, bite, and scratch someone who is touching or grabbing you against your will. "Squishies & Knuckle Knocks" work!
5. That it is okay to break things to attract attention.
6. To lie down on the ground and make yourself as difficult to carry as possible.
7. To pick up stones, sand, bottles and sticks to throw at an adult that is trying to take them away somewhere.
8. To crawl under a parked car if one is nearby.
9. If they are in a car to open the door and try to escape when at a stop sign.
10. To run away at the first opportunity.

Your goal in a self-defense situation is a 5-step process: "GET FREE, RUN AWAY, GET HOME, GIVE A HUG AND TELL EVERYTHING THAT HAPPENED!" It is not enough to just get free you must keep on going until you have followed the above 5 steps!

Mr. Doyle is a 30 year veteran of the martial arts. He has been teaching and educating men, women and children of Mississauga since 1986.

**CALL OR EMAIL US NOW FOR YOUR FREE TRIAL CLASS**  
**Academy of Martial Arts, Port Credit**  
**www.dojoworld.ca**



## What's Happening ?

**Welcome Wagon Baby Shower** April 1st—Versailles Convention Centre

**Baby Time & Parenting Show** April 13th—15th International Centre

**"Creativ" Festival** (craft show) April 20th—22nd International Centre

**Toronto Toy Train & Doll Collector Show** April 21st—22nd  
International Centre

**Good Food Festival** April 27th—29th International Centre

**A Development Day for Childbirth Professionals** April 28th  
Americana Conference Resort & Spa

## Ongoing Activities

**Community Kitchen** - A cooking program for parents at Byngmount  
Place OYEC. Free childcare available. Call for more details:  
(905) 278-6406

**Le Leche League Canada - Mississauga Group** - Mother to Mother  
breastfeeding support every 2nd Saturday of the month. For more details  
call (416) 483-3368.

**Gimme-a-Break** - Moms group meets every Thursday in Port Credit.  
Childcare available. Email: gimmeabreak\_5@hotmail.com for more  
details.

**Adjustments After Birth Program** - Peer support group to help you  
difficult times. Postpartum depression affects 1 in 5 women. You're  
not alone. For more details Call - Mississauga West (905) 567-4156  
Mississauga South (905) 822-1114

**Moms Time Out** - Clarkson & Meadowvale - A chance to get out of  
the house and meet other moms in the area. Childcare available.  
Email: Momstime@sympatico.ca

**Mocha Moms** - Port Credit - Need a break. Moms group meets every  
Wednesday. Babysitting available. Call for more details (416) 524-9966

**Visit Events & Playgroups at** [www.momsmississauga.com](http://www.momsmississauga.com) **for  
more detailed information and links to sites.**



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