



Moms of Mississauga



M.O.M

NEWSLETTER

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May 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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Giver Of Life



Do you ever think back to what it was like when you didn't have kids? I'm sure life was much easier, but was it truly as meaningful? When you decided to have children, did you know that you just committed yourself to the most important job on this earth?

The definition of Earth Mother is a goddess or female spirit representing the earth as the giver of life. When I think of goddess I think of someone so important that they are worshipped. And you

"Earth Mother" are the giver of life to your wonderful children, who from a very young age worship you.

Mothers' Day is celebrated all over the world on different days of the year. People world wide recognize the importance of their Mothers and have designated a day of tribute.

In North America we celebrate Mothers' Day on the second Sunday of May. Traditional Mothers' Day celebrations start with breakfast in bed, homemade cards, flowers, brunch & a special day for Mom.

From one Goddess to another Goddess make a ritual of your own and spend the day celebrating your gift to the world. *Written by Cj*

International Doula Month



May is deemed International Doula Month in the Birthing World, and as owner of Gentle Care Doula Services, I am proud to be this month's featured business. Doula, what is a Doula? Doula is a Greek word meaning "servant of women" and for years women have been supporting other women in their childbearing years.

About Joan Newington:

For the past six years I have lived in the community of Meadowvale in Mississauga, born in Toronto, and raised in North York. My children are grown with families of their own, and I'm a very proud grandmother of two. I am a Certified Labour and Postpartum Doula as well as Child Birth Educator. As a child-birth educator, I have found my niche in life. Helping women understand what they are feeling, their anxieties regarding the birth of their child and helping them to achieve the ultimate birth is my reward.

About Gentle Care Doula Services:

Childbirth is the most rewarding life style change in a woman's life as well as her partner's. There is nothing you can do beyond that which would equal the birth of your first child. I share strategies to help both through the pre-birth stage and the transition into parenthood. I provide information that supports healthy pregnancies but I also respect the woman's right to birth her way without judgment.



For more information on the services that I provide, please call 905 812-1954 or email me at jnewington@sympatico.ca. You can also see my ad in "Moms of Mississauga" online under listings. Sincerely, Joan Newington, CLD, CPD, CBE

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MISSISSAUGA EAST

Locations

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CENTRAL PARKWAY MALL

905-566-0144

FIELDGATE MALL

HAVENWOOD PLACE

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FALCONER

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BY THE LAKE MASSAGE THERAPY
(905) 271-8878

How to Have a Happy Marriage When You're Busy Being Parents

By Elizabeth Pantley, Author of Kid Cooperation, Perfect Parenting and Hidden Messages

Is your marriage everything you ever hoped it could be? Or has it been pushed down your list of priorities since having children? Let's face it, parenthood is a full-time job, and it dramatically changes your marriage relationship. But marriage is the foundation upon which your entire family is structured. If your marriage is strong, your whole family will be strong; your life will be more peaceful, you'll be a better parent, and you'll, quite simply, have more fun in your life.

Make a commitment

To create or maintain a strong marriage you will have to take the first critical step: *You must be willing to put time, effort and thought into nurturing your marriage.* The ideas that follow will help you follow through on this commitment and will put new life and meaning into your marriage. A wonderful thing may happen. You may fall in love with your spouse all over again. In addition, your children will greatly benefit from your stronger relationship. Children feel secure when they know that Mom and Dad love each other—particularly in today's world, where 50 percent of marriages end in divorce; half of your children's friends have gone, or are going through a divorce; or maybe it's your kids who have survived a divorce and are now living in a new family arrangement. Your children need daily proof that their family life is stable and predictable. When you make a commitment to your marriage, your children will feel the difference. No, they won't suffer from neglect! They'll blossom when your marriage—and their homelife—is thriving.

The surprising secret is that this doesn't have to take any extra time in your already busy schedule. Just a change in attitude plus a committed focus can yield a stronger, happier marriage.

So here's my challenge to you. Read the following suggestions and apply them in your marriage for the next 30 days. Then evaluate your marriage. I guarantee you'll both be happier.

Look for the good, overlook the bad

You married this person for many good reasons. Your partner has many wonderful qualities. Your first step in adding sizzle to your marriage is to look for the good and overlook the bad.

Make it a habit to ignore the little annoying things — dirty socks on the floor, a day-old coffee cup on the counter, worn out flannel pajamas, an inelegant burp at the dinner table — and choose instead to search for those things that make you smile: the way he rolls on the floor with the baby; the fact that she made your favorite cookies, the peace in knowing someone so well that you *can* wear your worn out flannels or burp at the table.

Give two compliments every day

Now that you've committed to seeing the good in your partner, it's time to say it! This is a golden key to your mate's heart. Our world is so full of negative input, and we so rarely get compliments from other people. When we do get a compliment, it not only makes us feel great about ourselves, it actually makes us feel great about the person giving the compliment! Think about it! When your honey says, "You're the best. I'm so glad I married you." It not only makes you feel loved, it makes you feel more loving.

Compliments are easy to give, take such a little bit of time, and they're free. Compliments are powerful; you just have to make the effort to say them. Anything works: "Dinner was great, you make my favorite sauce." "Thanks for picking up the cleaning. It was very thoughtful, you saved me a trip." "That sweater looks great on you."

Play nice

That may sound funny to you, but think about it. How many times do you see -- or experience -- partners treating each other in impolite, harsh ways that they'd never even treat a friend? Sometimes we take our partners for granted and unintentionally display rudeness. As the saying goes, if you have a choice between being right and being nice, just choose to be nice. Or to put this in the wise words of Bambi's friend Thumper, the bunny rabbit — "If you can't say somethin' nice don't say nothin' at all."

Pick your battles

How often have you heard this advice about parenting? This is great advice for child-rearing—and it's great advice to follow in your marriage as well. In any human relationship there will be disagreement and conflict. The key here is to decide which issues are worth pursuing and which are better off ignored. By doing this, you'll find much less negative energy between you.

(continued on next page)

SUMMER CAMP AT THE ACADEMY OF MARTIAL ARTS, PORT CREDIT

- Register now for one of the Summer Fun Karate Camps and receive a \$20 discount off the regular camp rate.
- To receive this discount mention the Moms of Mississauga Ad when registering. To download the online information brochure visit the Momsofmississauga website for the link or enter this address in the URL.

http://mail.dojoworld.net/pcamapdf/Karate_camp_flyer_summer_2007.pdf

How to Have a Happy Marriage When You're Busy Being Parents (continued)

From now on, anytime you feel annoyed, take a minute to examine the issue at hand, and ask yourself a few questions "How important is this?" "Is this worth picking a fight over?" "What would be the benefit of choosing this battle versus letting it go?"

The 60 second cuddle

You can often identify a newly married couple just by how much they touch each other — holding hands, sitting close, touching arms, kissing — just as you can spot an "oldly-married" couple by how little they touch. Mothers, in particular, often have less need for physical contact with their partners because their babies and young children provide so much opportunity for touch and cuddling that day's end finds them "touched fulfilled".

So here's a simple reminder: make the effort to touch your spouse more often. A pat, a hug, a kiss, a shoulder massage — the good feeling it produces for both of you far outweighs the effort.

Here's the deal: Whenever you've been apart make it a rule that you will take just 60 seconds to cuddle, touch and connect. This can be addictive! If you follow this advice soon you'll find yourselves touching each other more often, and increasing the romantic aspect of your relationship.

Spend more time talking to and listening to your partner.

I don't mean, "Remember to pick up Jimmy's soccer uniform." Or "I have a PTA meeting tonight." Rather, get into the habit of sharing your thoughts about what you read in the paper, what you watch on TV, your hopes, your dreams, your concerns. Take a special interest in those things that your spouse is interested in and ask questions. And then listen to the answers.

Spend time with your spouse

It can be very difficult for your marriage to thrive if you spend all your time being "Mommy" and "Daddy". You need to spend regular time as "Husband" and "Wife". This doesn't mean you have to take a two-week vacation in Hawaii. (Although that might be nice, too!) Just take small daily snippets of time when you can enjoy uninterrupted conversation, or even just quiet companionship, without a baby on your hip, a child tugging your shirt-sleeve or a teenager begging for the car keys. A daily morning walk around the block or a shared cup of tea after all the children are in bed might work wonders to re-connect you to each other. And yes, it's quite fine to talk about your children when you're spending your time together, because, after all, your children are one of the most important *connections you have in your relationship*.

When you and your spouse regularly connect in a way that nurtures your relationship, you may find a renewed love between you, as well as a refreshed vigor that will allow you to be a better, more loving parent. You owe it to yourself — and to your kids — to nurture your relationship.

So take my challenge and use these ideas for the next 30 days. And watch your marriage take on a whole new glow.

Personal And Family Safety Protection Tips

Purse Protection

- If at all possible, don't carry a purse.
- When possible, carry your wallet, keys, and other valuables on your person, or in an inside pocket, or other suitable place, rather than your purse. Your purse should be used to carry brushes, combs, make-up, etc.
- Credit cards and cheques should be carried instead of cash. Maintain a record of the account numbers at home. Practice carrying only the cards you will be using.
- Carry a shoulder bag securely between your arm and body away from traffic.
- If you are wearing a coat, carry a purse worn over the shoulder, but under the coat.
- Watch your surroundings. Be alert for suspicious persons especially around banks, stores, streets, and your home.
- At night, stay in well-lighted areas and avoid walking close to shrubbery, dark doorways, or other places of concealment.
- Practice the "buddy system", and shop with a friend when possible. When walking in twos, place your purse between you and your friend.
- Carry a clutch bag unsnapped and upside down between your arm and body with any valuables in the zippered compartment. If someone attempts to steal your purse, loosen your grip, thus allowing the contents to fall to the ground.
- Consider "fanny packs" whenever possible.
- If you are attacked, don't struggle. Your purse can easily be replaced; you can't be. If there is a witness, ask that person to stay until police arrive.
- Notify police immediately after an attack.

(continued on page 4)

Best Daycare & School Contest in Mississauga

Submit your vote for the best Daycare or school in Mississauga. Your vote will be entered into a draw for a prize and the school or Daycare with the most votes will win free advertising on the Moms of Mississauga website for a year. **Extended deadline May 15th, 2007. Enter online at www.momsofmississauga.com**



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Purse Protection

(continued from page 3)

Don't ...

Don't carry large amounts of money. The first rule is to limit your losses.

- Don't carry more than you can easily afford to lose. Many purse snatches are committed solely to finance narcotic addictions.
- Don't carry unnecessary valuables in your purse.
- Don't let your purse hang loosely in your hand.
- Don't carry a lethal weapon; it could be used against you.

Don't fight. Surrender your purse.

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. He is married and he and his wife, Lesa (also a black belt), and have two children, Charles (12) and Alexandra (8).

Academy of Martial Arts, Port Credit
www.dojoworld.ca



What's Happening ?

May 12th - FUN Family Day 44 Port Street - Games, BBQ, Silent Auction 11 - 3 pm

May 12 & 13th Mississauga Marathon - 4th Annual Marathon

May 25th - 27th Carrassauga Festival of Cultures

May 25th - June 3rd Port Credit Art Walk

May 26th Promotional Photo Shoot at Roundabout Kids Bring your children in and have their photos taken by Lisa the talented professional photographer & owner of Artisan Photography www.artisanphotographytoronto.com. \$10.00 per session includes 1 - 5 x 7 photo. Photographs will be taken on a first come first serve basis. Lisa will be featuring her art at Roundabout Kids for the Port Credit Art Walk. For more details call (905) 274-9561

June 1st & 2nd - Streetsville Bread and Honey Festival

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 & Support at www.momsofmississauga.com for more detailed information and links to sites.

CONGRATULATIONS TO SHELLEY WHITE

the winner of a free pair of Baby or Kidz Banz courtesy of Round about Kids!

Thank You for participating.

Register now & win a free photo session with Lisa of Artisan Photography compliments of Roundabout Kids. **Contest ends May 24th, 2007.**

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