



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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Dad You're Great! Written By Carmen Joseph

What makes a Dad so special that when Daddy comes in the door, nothing matters but getting to the door to give him a big hug and a kiss? Seeing my own husband with his girls, I often smile and recall saying to a girlfriend of mine, "I'd like him to be the father of my children". How did I know that he would be a great Dad? Well, I knew before he did, that he would make a great father when I saw how he treated his nieces and nephews and how he enjoyed childlike play.

With Fathers' Day coming up, I decided to ask a few Moms why they feel their kid's Dad is great? Here is what a few of them had to say.

There seems to be a general consensus around men playing differently with their kids.

- "My husband is a child at heart and plays really well with the kids."
- "My guy will often play princess with my daughter."
- "He plays silly games that I couldn't possibly come up with."

Dad's these days are much more involved with their kids.

- "They are much more likely to give them baths and read them their bedtime stories."
- "He makes them their favourite breakfast."
- "He enjoys taking them to the park."
- "Doesn't mind changing dirty diapers."

When Dad comes home from work, he looks forward to spending some quality time with his kid (s).

- "My husband can't wait to get home and be greeted by his girls. Daddy!!!"
- "My husband enjoys sitting down and watching a movie with the girls."
- "He likes to take them to their extra curricular activities."
- "He likes helping them with their homework."

Dad's are often under appreciated and Fathers' Day is a nice reminder of how great they really are. To all of you Dad's who are doing their jobs, keep up the good work!

HAPPY FATHERS' DAY!



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Eight Sleep Tips for Every Child

By Elizabeth Pantley, author of The No-Cry Sleep Solution

Up to 70% of children under age five have sleep problems. Sleep issues are complicated and have many causes. They're hard to deal with because when children aren't sleeping, parents aren't sleeping, and that lack of sleep affects *every minute of every day* for *every person* in the family because lack of sleep isn't just about being tired. Sleep has a role in *everything* -- dawdling, temper tantrums, hyperactivity, growth, health, and even learning to tie his shoes and recite the ABCs. Sleep affects *everything*.

The following ideas are of value to almost any sleeper, of any age. These tips can bring improvement not only in your child's sleep, but also in her daytime mood and last, but not least – improvements in your own sleep and outlook as well.

1 Maintain a consistent bedtime and awaking time.

Your child's biological clock has a strong influence on her wakefulness and sleepiness. When you establish a set time for bedtime and wake up time you "set" your child's clock so that it functions smoothly.

Aim for an early bedtime. Young children respond best with a bedtime between 6:30 and 7:30 P.M. Most children will sleep *better* and *longer* when they go to bed early.

2 Encourage regular daily naps.

Daily naps are important. An energetic child can find it difficult to go through the day without a rest break. A nap-less child will often wake up cheerful and become progressively fussier or hyper-alert as the day goes on. Also, the length and quality of naps affects night sleep – good naps equal better night sleep.

3 Set your child's biological clock.

Take advantage of your child's biology so that he's actually *tired* when bedtime arrives. Darkness causes an increase in the release of the body's sleep hormone -- the biological "stop" button. You can align your child's sleepiness with bedtime by dimming the lights during the hour before bedtime.

Exposing your child to morning light is pushing the "go" button in her brain — one that says, "Time to wake up and be active." So keep your mornings bright!

4 Develop a consistent bedtime routine.

Routines create security. A consistent, peaceful bedtime routine allows your child to transition from the motion of the day to the tranquil state of sleep.

(cont'd on page 3)

MOMS OF MISSISSAUGA NEEDS YOUR HELP

Hi MOM readers, if you enjoy reading the Moms of Mississauga monthly newsletter and look forward to the next issue, please send in your comments. I would love to know what you think about the newsletter, topics that you are interested in and suggestions on ways that it can improve. Your feedback is very valuable for future issues. Looking forward to hearing from you. Sincerely, Carmen Joseph

Email: info@momsmississauga.com or call (416) 873-3892

Eight Sleep Tips for Every Child (cont'd from page 2)

By Elizabeth Pantley, author of The No-Cry Sleep Solution

An organized routine helps you coordinate the specifics: bath, pajamas, tooth-brushing. It helps you to function on auto-pilot at the time when you are most tired and least creative.

5 Create a cozy sleep environment.

Where your child sleeps can be a key to quality sleep. Make certain the mattress is comfortable, the blankets are warm, the room temperature is right, pajamas are comfy, and the bedroom is welcoming.

6 Provide the right nutrition.

Foods can affect energy level and sleepiness. Carbohydrates can have a calming effect on the body, while foods high in protein or sugar generate alertness, particularly when eaten alone. A few ideas for pre-bed snacks are: whole wheat toast and cheese, bagel and peanut butter, oatmeal with bananas, or yogurt and low-sugar granola.

Vitamin deficiencies due to unhealthy food choices can affect a child's sleep. Provide your child with a daily assortment of healthy foods.

7 Help your child to be healthy and fit.

Many children don't get enough daily physical activity. Too much TV watching and a lack of activity prevents good sleep. Children who get ample daily exercise fall asleep more quickly, sleep better, stay asleep longer, and wake up feeling refreshed.

Avoid activity in the hour before bedtime though, since exercise is stimulating – they'll be jumping on the bed instead of sleeping in it!

8 Teach your child how to relax.

Many children get in bed but aren't sure what to do when they get there! It can help to follow a soothing pre-bed routine that creates sleepiness. A good pre-bed ritual is story time. A child who is listening to a parent read a book or tell a tale will tend to lie still and listen. This quiet stillness allows him to become sleepy.

Work with these eight ideas and you'll see improvements in your child's sleep, and yours too.

Excerpted with permission by McGraw-Hill Publishing from *The No-Cry Sleep Solution for Toddlers & Preschoolers* (McGraw-Hill 2005)

<http://www.pantley.com/elizabeth>

WALKING MOMS

Walking is a good form of exercise and can also add years to your life. Why not get out and walk with other Moms? You can enjoy the social aspects as well as benefit physically by keeping healthy and fit.

Join other moms in your area for walks. If you are interested in joining a walking group or forming your own send an email to info@momsofmississauga.com or call for more details (416)873-3892.

If you live in any of the following areas there are Moms waiting to hear from you. What are you waiting for get out and join them: Erin Mills and Dundas, Erin Mills and Thomas, Mavis and Courtney Park, Winston Churchill and Derry, Port Credit & Square One.



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COMMUNITY HAPPENINGS

1ST	Walk The World 2008 June 1st 2008 - This walk is an annual global fundraiser in support of the World Food Programme. Begins at Erindale Park - 1711 Dundas St. West Mississauga at the Picnic Park. 10:30 a.m. - 1:00 p.m. Free
1ST—5TH	Streetsville Art Festival — continues into June. Celebrating 150 years since the founding of Streetsville. The village will be alive with Arts and Entertainment inside and outdoors of various businesses throughout Streetsville. Kids Corner part of the Streetsville Art Festival—held at the Village Hall on Sunday June 1st, 2008 from 11 am—2 pm.
6TH	Farmer's Market at Square One - Located at the Northeast Parking Lot of Square One (near the Zellers) Fridays & Sundays June 6th - Oct 26th, 2008 8:00 a.m. - 8:00 p.m. For more info visit www.shopsquareone.com
6TH—8TH	Streetsville Bread and Honey Festival June 6th - 8th, 2008 An annual event in Streetsville. Enjoy a weekend filled with fun and excitement. Don't miss the parade on Saturday from 10 a.m. until 2 p.m. and starts at Britannia Rd and heads south on Queen St. to old Station Road. Live entertainment daily, amusement rides, Crafters' market, food vendors and much more. For more details visit www.breadandhoney.com
7TH	Clarkson Public School Spring Fun Fair - June 7th, 2008 888 Clarkson Road South Mississauga (Lakeshore Rd W and Clarkson Rd 10:00 a.m. - 2:00 p.m. Free admission (small fee for activities) . Lots of fun things to do for young children, preteens & teens. Activities include many inflatables such as a Giant Flat Top Slide, Bouncy Castle, Jurassic Zone Multi-play, Rock Race as well as Basketball Shot, Pro Throw Bullseye and Inflatable Baseball stations, Crazy Hair, games of chance, cookie decorating, balloon pop, etc. There will be a Barbecue and a Silent Auction with many great items available to bid on.
13TH	Hazel's Hope Charity - Donation to Hazel's Hope \$3, \$5 or \$10 Located at Desjardins Financial Security 151 City Centre Drive Suite 101 11:30 a.m. - 2:30 p.m.
13TH	Forest Avenue Public School Annual Fun Fair —A family event with a lot of activities such as raffle tickets, silent auction, food, games, bouncy castles, face painting & more. Friday June 13th 6pm - 9pm. Stick around until 9:30 p.m. for the Fireworks . Forest Avenue Public School 20 Forest Avenue

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STROLLERCISE meet at the Roundabout Family Centre at 11:30 am and then head out for a leisurely walk through Port Credit. This is a great opportunity to get outdoors and socialize. Call (905) 274-9561 for more details.

☀

MAMBO DREAM TEAM offers children's dance classes every Monday from 4:45 pm—5:30pm. For 2 - 4 year olds. Elements of ballet with latin influence, Introduction to musical instruments and Rhythm of Latin American dance such as Mambo & Cha Cha. For more information contact Dora (416) 898-9800.



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JUNE	
13TH—15TH	Mississauga Waterfront Festival - Mississauga's biggest festival dedicated to celebrate the importance of families in the community. Port Credit Memorial Park 32 Stavebank Road Mississauga 10:00 p.m. - 11:00 p.m. Fee: Adults \$15, Children/Seniors (+65) \$10, Children 2 and under are free For more details visit www.mississaugawaterfrontfestival.com
14TH	Lakeview Community Picnic - Come celebrate the Vision! Everyone is welcome! Let's kick off the first Annual Lakeview Community Picnic hosted by the Lakeview Ratepayer's Association and sponsored by our local businesses. Lot's of fun activities planned, such as raffles, BBQ, Bouncing Castle, face painting, story telling, music and more. Also, come out and see the local firefighters and police, Free Admission. Saturday June 14th from 12pm—5pm at the Lakefront Promenade Park Crookes Head Picnic Area "B"
20TH	My Mississauga - From June 20th to August 31st Mississauga's Civic Centre will be turned into the biggest outdoor community centre in Canada. More then 60 free festivals, events and activities for all to enjoy. Located at the Civic Centre and Library Squares 300 City Centre Drive. All events are held outdoors weather permitting.
21ST	Clarkson Village Historic Walking Tour Meet at Wowy-Zowy Toys at 2 p.m.
21ST	Erin Meadows Branch Library presents JIMBO the Magician! Kick off the Summer Reading Club at Erin Mills Meadows Branch Library with JIMBO the Magician. 2:00 p.m. - 2:30 p.m. Erin Meadows Branch Library 2800 Erin Centre Blvd Mississauga Call (905) 615-4750 or Email for more details library.info@mississauga.ca .
21ST	Race for Dignity Mississauga —A spin-a-thon on stationary spin bikes to raise funds for people affected by HIV/AIDS in Africa. The Race for Dignity Mississauga will take place from 10:00 a.m. to 4 p.m. on Saturday June 21st, 2008 at Port Credit Memorial Park and feature live entertainment. The funds raised will go to the medical humanitarian organization Dignitas Internation. Visit http://dignitas.unxvision.com/Event/index.asp?Page_ID=42 to participate or donate. Visit www.dignitasinternational.org find out more about the organization.
28TH	Charity Book Sale —Streetsville is hosting the largest used book sale on Main Street to support the Credit Valley Hospital. 9:00 a.m. - 6:00 p.m. Free. For more information call Lorraine Baddeley (905) 858-5974
29TH	Credit Valley Horticultural Society's Garden Treasures Garden Tour —Take a self guided tour through exquisite private gardens of Sherwood Forest in Mississauga. Win prizes, enjoy live music performed by Lowes School of Music and see original art by Purple Studio Painters. 10:00 a.m. - 4:30p.m. Ticket are \$12 on the day of tour.

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Email us your events, classifieds, crafts & recipes to info@momsmississauga.com.

Please note: Moms of Mississauga makes every effort to ensure the accuracy of the listed events, however changes and cancellations do occur. Please contact the event organizer to confirm scheduled event.

Email us your funny photos or stories to info@momsmississauga.com.

SUPPORT GROUPS

LE LECHE LEAGUE CANADA - (Mississauga Group) Mother to Mother breastfeeding support every 2nd Saturday of the month. For more details call (416) 483-3368.

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. Email for more details h.m.r@sympatico.ca

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ADJUSTMENTS AFTER BIRTH PROGRAM - a service offered by the Mississauga Parent Child Resource Centres and supported by Peel Health can provide you with support and services to help you find your way. Peer support group to help you through difficult times. Post partum depression affects 1 in 5 women. You're not alone! Mississauga West (905) 567-4156 Mississauga South (905) 822-1114

DROP IN - STREETSVILLE - Ontario Early Years Centre - Adults with children from birth to 6 years of age are welcome to join us during our regular drop in hours.

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For more info on our program schedule call (905) 826-5411

The Mississauga Parent Child Resource Centre operates the **Ontario Early Years Centres** in the south at Turtle Creek Plaza in Clarkson, Byngmount School, Port Credit High school and Sheridan Villa Nursing Home.

We offer drop in as well as many programs for parents/caregivers and children 0-6 years. Visit our website www.mpcrc.ca or call us at 905-822-1114 for more information about our programs.

The drop in and all our programs are FREE.

One very important program we would like to highlight is our support group for women having difficulties with postpartum adjustment.

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"RESTROOM SAFETY!"

Written By Christopher Doyle, Personal Safety Expert

With the kids off from school and the parents looking to take a little family vacation, one thing must always be addressed, and that is restroom safety. Restrooms in certain cases can be the haven for the wrong element and when opportunities knock, they will take advantage of the situation.

So to make things safer anytime a child—or an adult, for that matter--uses a room, such as a public or foreign restroom, that is isolated and closed off, there are a few precautions to always keep in mind.

• If the child is old enough to use the restroom unaccompanied, have a check and balance system in place. Give the child a specific time limit, and wait directly outside the door. Children like to dawdle and they don't have a very good sense of time, make sure your child understands that if he's not out in a certain amount of time, you will come in and get him. My mother always said I used to hurry because I was afraid she'd come in and embarrass me. In many cases the fear of an action is worse than the action itself.

• If the child is small, pay careful attention to anyone leaving the restroom with a child or even a bundle wrapped in a coat or a blanket. Abductors are likely to pretend the child is sick or sleeping.

• If you're an adult going to the restroom either with a child or alone, remember that the busier it is the safer you will be. When someone is overpowered or mugged in a restroom it's usually because he or she was alone with the "Bad Guy." So, if you walk into an empty restroom, you may want to walk out and find another one that's more populated.

• Even for adults, it's safer to go to the restroom in pairs, but if you're with someone of the opposite sex, you can still establish a check and balance plan. Remember that the person you're with can always yell or bang on the door without actually entering the restroom.

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) have two children, Charles (12) and Alessandra (8).

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April 8th-June 10th
4-5pm 3 to 5 year olds, 5:30-7pm 6
to 10 year olds & 7:15-8:45pm 10 to
18 year olds.
Fridays
April 11th-June 13th
5:30-7pm 6 to 10 year olds & 7:15-
8:45pm 10 to 18 year olds.

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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@momsfmississauga.com

We look forward to hearing from you.

MOMS OF MISSISSAUGA

“WEE & THE WISE”

WE'RE LOOKING FOR MOMS WHO ARE INTERESTED IN GETTING TOGETHER ONCE A MONTH FOR A VISIT AT A RETIREMENT HOME WITH YOUR WEE ONES. Our next visit is June 2nd, 2008.

Meet other mothers in a comfortable facility where you can do Arts & Crafts, Cooking, Snacks, Games and Songs with your children. Bring some additional joy into the lives of our older generation, some of who don't have grandchildren or don't have the opportunity to see their grandchildren that often.

If you are interested in making a difference in the lives of our seniors email

info@momsfmississauga.com.

Advertise in the Moms of Mississauga Website & Newsletter. Contact Carmen at info@momsfmississauga.com for more details.

MY SUPPERWORKS™ EXPERIENCE

Written By Carmen Joseph

I'm sure you Moms have heard about Supper Works™ and if you haven't, you can find out more as I tell you about my experience.

One of the Moms I know mentioned a place, where for a reasonable fee, you can go and prepare your meals and not have to worry about buying ingredients or cleaning up. I thought to myself, "How great is that!"

Here's the scoop, I don't mind cooking. However, what I mind is having to think about what I'm going to cook on a daily basis. I'm not one to plan out my meals for the week, nor do I enjoy the chore of going to the grocery store. I'm also not the type to try out a recipe from a cookbook or magazine.

So when one of the Moms organized a group night at Supper Works™ in Lorne Park, I decided to give it a try. I went online and signed up for the evening of choice. Once I chose the session, I was given the menu selections for that day. I had several meals to choose from, and the option to split the meals in half so that I could get two meals out of one recipe.

Once I was booked I didn't have to do anything else but show up to prepare my meals. All the shopping, washing, cutting, slicing and grating they did.

When we arrived for our party we were offered a drink and then it was explained how Supper Works™ works. There were stations set up with the recipes and all of the ingredients and utensils required for you to prepare your meal. Once you prepare the meal, they are there to clean up after you so that you can move on to the next station.

I was quite impressed with the place, it was clean, efficiently run and the staff were friendly and very helpful. The ingredients were fresh, nutritious and the recipes were easy to follow. We had a really fun night and the bonus was I got to go home with 12 gourmet entrees to put in my freezer for future dinners.

The evening after my Supper Works™ experience, my husband came home and asked what was for supper. I didn't have to think too long about what to cook. I pulled one of the prepared meals out of the freezer, thawed it and cooked in no time at all.

So when asked, "Would you go again?" my reply to that question is, "Sign me up!"

INTRODUCTORY OFFER

RECEIVE A FREE ENTRÉE WITH YOUR BOOKED SUPPER WORKS™ SESSION AVAILABLE AT THE LORNE PARK LOCATION ONLY!

1150 Lorne Park Road, Mississauga (905) 278-7224

Visit www.SupperWorks.com or email: Mississauga@supperworks.com
To receive your free entrée you must use **code 00123**, register and pay to receive an additional discount

Do you know that for \$30 you can sponsor a child through the Mississauga Waterfront festival “Sponsor a child” program and give the gift of happiness to a child.

Sponsored Children are provided with an entire weekend of entertainment, fun, food and carnival rides. Please consider giving a child a gift of happiness.

For more details on the program & or to find more about the Mississauga Waterfront Festival visit www.mississaugawaterfrontfestival.com/aboutus

MOMs NEWS

Visit us online in the Featured Business section.



If you are interested in joining MOMs at a Supper Works™ outing send an email to info@momsfmississauga.com.



Register to receive Moms of Mississauga newsletter & updates via email and your name will be entered to win prizes.

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