

# Moms of Mississauga



M.O.M

NEWSLETTER

Volume 1, Issue 9

Page 1  
Sept 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](mailto:info@momsofmississauga.com). We look forward to hearing from you.

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## RETHINK LABOUR DAY

How do I know when I'm in labour? Most pregnant woman regardless of whether it's their first, second or third child have a burning desire to know exactly when their child will be born.

For those who choose to have a Cesarean ( a very controversial topic) that desire is satisfied, but for women who are not having a scheduled Cesarean that anxious feeling remains until the moment their child is placed in their arms.

Labour day is a different experience for everyone. The onset of labour may occur spontaneously, or through medical intervention (induction). Labour for a first pregnancy is usually longer than a second pregnancy.



As Labour Day (the holiday) approaches and we get ready to enjoy another long weekend, the one that marks the end of the summer. Think about the hard work that you've done from the very day you realized that this is it... this is Labour Day. Think about the hard work that you do every day raising your children.

Rethink Labour Day as the Labour of Love. *Written by Cj.*

\*\*\*\*\*

## PARENTS PREPARATION FOR KINDERGARTEN - 20 TIPS FROM A FORMER KINDERGARTEN TEACHER

**When I thought about writing this article I realized that I have yet to experience sending my kids to Kindergarten. I thought to myself who better to ask for their expertise but a former Kindergarten teacher with over 19 years experience teaching Kindergarten. I decided to send her an email expecting only to get a few tips. I was surprised when I opened my email to see an extensive list of advise. When I read the tips I was even more impressed and grateful that she took the time to send this to me so that I could share it with all of you MOMs. Thank you Fiona! *Written by Cj***

1. Label everything with first name or initials i.e. coat, sweater, mittens, snowpants, boots and shoes
2. Put your child's name inside their backpack, not on the outside. You don't want any strangers to be able to call them by name.
3. Parents should send an extra change of clothing in a Ziploc bag labeled with their child's name.
4. Send an extra pair of "indoor" shoes to be left at school.
5. Have another plastic bag labeled with your child's name and, in the of your child, put notes to the teacher, book orders, etc. inside that bag. (Cont'd on page 6)



## USEFUL RESOURCES MOMSOFMISSISSAUGA ONLINE

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**PEEL READINESS CENTRES**

\*  
**MISSISSAUGA BRANCH  
LIBRARIES**

## ONTARIO EARLY YEARS CENTRES

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#### Locations

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905-822-1114

BYNGMOUNT BEACH PUBLIC  
SCHOOL  
905-278-6406

PORT CREDIT SECONDARY  
SCHOOL  
905-278-3382 Ext 243  
SHERIDAN VILLA  
905-822-1114

### MISSISSAUGA CENTRE

#### Locations

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905-566-4785  
ACORN PLACE  
905-566-4785  
ARBOUR MILL  
905-566-4785

SPRINGFIELD PUBLIC SCHOOL  
905-566-4785

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905-276-6392

CENTRAL PARKWAY MALL  
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FIELDGATE MALL  
HAVENWOOD PLACE  
905-625-9391  
QUEEN FREDERICA  
905-949-1078

### MISSISSAUGA WEST

#### Locations

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905-286-4455

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905-286-4455

ERIN MILLS COMMUNITY POLICE  
STATION

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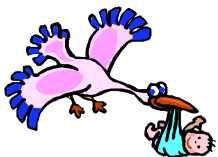
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## WORLD BREAST FEEDING WEEK

Let's celebrate...  
**World Breastfeeding  
Week 2007!**



Help us break  
The Guinness  
World Record  
for Breastfeeding

Sponsored by  
Peel Public Health  
La Leche League Canada  
Ontario Early Years Centre

Join us on Saturday,  
September 29, 2007  
Older Adults Centre\*  
at Square One  
Shopping Centre  
9:30 a.m. - 12 noon

Arrive at 9:30 a.m. for a light breakfast and  
participate in a number of events. There's  
a shade of every color!

**Latch On!**  
Breastfeeding Challenge  
Ready, set, latch!  
To support breastfeeding and help us break  
the record for the most babies  
breastfeeding in one location at one time.

**Mother Goose**  
Join in and for a chance to win a prize to  
bond with your child and meet other  
parents at the Ontario Early Years Centre  
look for the Mother Goose and her children in the  
play, stories, rhymes and songs.

**Move and Groove**  
Dance and sing songs, rhymes and  
movements to music in the Ontario  
Early Years Centre.

**Babyskills: Gentle Lessons**  
Calling all babysitters!  
Learn the skills to help and get ready  
to care for babies in the Ontario Early  
Years Centre. Includes a chance to win a  
prize for the best babysitter.

Event will also include:  
• door prizes  
• parenting information  
• interactive presentations

The first 100 participants will  
receive a giveaway bag.

Pre-registered by calling  
Peel Public Health at  
905-709-7700  
pre-registered

**This is a  
FREE event**



Older Adults Centre\*  
Square One Shopping Centre  
100 City Centre Dr., Mississauga  
\*located on the lower level between  
the Bay and Bank of America

Peel Region of Peel  
Public Health

Saturday Sept 29th at Square One Shopping Centre in the Older  
Adults Centre 9:30 am—12 noon. To download a copy of this  
flyer visit [www.momsofmississauga.com](http://www.momsofmississauga.com)

## We are pleased to introduce..... THE ROUNDABOUT FAMILY CENTRE

A non-profit family resource centre offering support, resources  
and information to families within an informal atmosphere.

*The Roundabout Family Centre* hosts weekly groups.....

Mom's Group  
Breastfeeding Support Group  
Babywearing Group

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CPR

*The Roundabout Family Centre* offers all of its groups and  
services for a nominal fee.

Memberships are available as well as pay-as-you-go.

The centre is located at 332 Lakeshore Rd. E.

Register now for Fall 2007

For more information contact us at 905-274-9561



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L5G 1H4  
[www.roundaboutkids.ca](http://www.roundaboutkids.ca)

905-274-9561



44 Port Street West  
Mississauga, Ontario  
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905-274-4386



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*Personal And Family Safety Protection Tips*

**How to Defeat the Bully**

*By keep bullies away from your child!*

Your child is forced to deal with various attacks on his self-esteem on a regular basis.

Whether these attacks affect him long term or not has to do with many different factors. One type of attack that I want to address in this article is the common "Bully." Bullying has always been a part of growing up, but how a child deals with it and the repercussions of dealing with it have changed dramatically. There are "Zero Tolerance" rules that punish both children if there is an altercation, which may have been caused by one child bullying the other. So the old "If they hit you hit 'em back!" doesn't fly today. So what is your child to do?

First of all we must recognize that incidences of bullying vary in severity. One thing that is certain is that repeated attacks whether verbal, physical, or written (yes written, there have been reports of children being bullied through email and instant messenger!) erode your child's fragile self-esteem. The CDC linked bullying to isolation, drug use, violence, and suicide! But your child does not have to be a victim! (The full article can be found online in the Parenting Tips section).

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 Alessandra (8).

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www.dojoworld.ca

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Congratulations to Anju Dhawan the winner of a Razzababy Teether courtesy of Roundabout Kids. Register (Free) with Moms of Mississauga to receive our online newsletter and a chance to win a no obligation month free membership at Femme Fatale Weight Loss & Fitness Centre courtesy of Femme Fatale. (905) 278- 4888. Draw ends Sept 24th, 2007. The winner will be announced on the Moms of Mississauga website. Good Luck!



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info@momsmississauga.com

## What's Happening?

**Port Credit Village** - Booty Call- Swing Band Sept 1st, 2nd (1pm-4pm)  
- Southside Shuffle Sept 8th 3pm-7pm  
- Ned Green -Old School R&B Sept 15th, 16th (1-4pm)

**Meadowvale Community BBQ** - Sept 1st - 11am - 4pm at The Eden Community Foodbank Visit [www.edenfoodbank.org](http://www.edenfoodbank.org) for more details.

**Tim Horton's South Side Shuffle** - Sept 7th - 9th - Mississauga's Musical Mardi Gras Blues & Jazz Festival - Over 120 Canadian and International performers. Port Credit's 9th Annual Blues & Jazz Festival  
[www.southsideshuffle.com](http://www.southsideshuffle.com) - Shuffle Hotline (905) 271-9449

**2nd Annual Habitat for Humanity Harvest Festival** - Sept 8th - at the Restore (Rutherford & Glidden) Brampton - Sale, Music and BBQ 11am - 3pm

**The Healing Cycle** - Sept 9th - Annual Bike Ride to support the Palliative Care Unit at Credit Valley Hospital - Riding starts at 7am at Waves, BBQ bash afterwards at The Delta Meadowvale - live bands, Kids Karnival & more! Contact [anita.thehealingcycle@sympatico.ca](mailto:anita.thehealingcycle@sympatico.ca)

**Fall Fair & Folk Festival (Free)** - Sept 15th - 16th - at the Bradley Museum 1620 Orr Rd. (905) 615-4860 hosted by the Museums of Mississauga - Historic games, demonstrations & crafts, wagon rides, Folk Music, clowns, face painting and more - visit website for more details . 11am-5pm

**Doors Open Mississauga (Free)** - Sept 15th - Guided walking tours through Port Credit & Clarkson Villages - discover sites as they showcase heritage treasures. Kicks off at the Bradley Museum at 11am. 11am-5pm

**25th Anniversary Celebration of the Meadowvale Community Centre** - (Free) - Sept 16th - Enjoy an afternoon of music, fun and free activities with your family. (905)615-4710 call for more details. 11am-3pm

**Dodge Rodeo Championships** - Sept 28th - 30th - A fun thrilling riding event at the Hershey Centre. Tickets can be purchased at [Ticketmaster.ca](http://Ticketmaster.ca).

**World Breast Feeding Week** - Sept 29th - at Square One Shopping Centre in the Older Adults Centre 9:30 am - 12 noon. organized by Peel Public Health, Le Leche League & Ontario Early Years Centre. This free family event includes door prizes, parenting information, and interactive presentations. Contact: [caline.vanwijngaarden@peelregion.ca](mailto:caline.vanwijngaarden@peelregion.ca)

**Welcome Wagon Baby Shower** - Brampton - Sept 25th - A fun, informative and educational event where expecting parents can learn about products and services required to meet the needs of their growing family. Call to register (905) 791-0945 or register online at [www.welcomewagon.ca](http://www.welcomewagon.ca)



## Ongoing Activities

**Community Kitchen** - A cooking program for parents at Byngmount Place OEYC. 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.

**Adjustments After Birth Program** - Peer support group to help you through 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](mailto: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.momsmississauga.com](http://www.momsmississauga.com) for more detailed information and links to websites.

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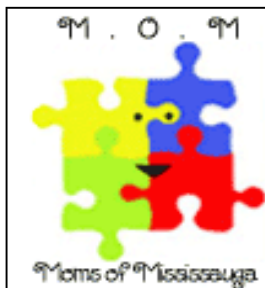
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# Moms of Mississauga



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## MomsofMississauga.com

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If you would like to share a story with us, please send an email to [info@momsofmississauga.com](mailto:info@momsofmississauga.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.

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@momsofmississauga.com](mailto:info@momsofmississauga.com).

## An Apple A Day

**Your mother always used to say it to you as a kid, and now you find yourself saying it to your kids "An apple a day keeps the Doctor away." Does an apple a day really keep the Doctor away?**

**Based on nutrition findings of an apple, a medium size apple is a good source of fibre and vitamin C. Fibre in your diet can help keep you regular, and vitamin C helps with healing wounds, and also promotes healthy skin and gums. Keeping this in mind apples are healthy & are an excellent back to school snack.**

**Apple picking season is here, and it makes for a great family outing. Take a short drive up to Caledon and stock up on some apples. Here are some of the varieties of apples you may find available to you: Macintosh, Red Delicious, Golden Delicious, Spy, Spartan, Empire, Gala, Idared, Cortland & Mutsu/Crispin. Written by Cj.**

Article Sources: 1. Foodland Ontario - Produce Facts  
2. The Complete Canadian Health Guide - June Engle PH D, Editor Health News pg 103



**www.dixieorchards.com**  
**14309 Dixie Road Caledon, Ontario 905-838-5888**  
**Family owned and operated.**

**Paul & Lynnette Gray of Dixie Orchards** invite you up to their farm for the Apple Picking events happening mid September through October. Don't miss this years wagon rides, corn maze, straw jump, Thanksgiving and Halloween decorations.



eden community food bank

## JOIN THE KRAFT HUNGER CHALLENGE

MOMs let's do our part, help ensure that kids going back to school don't go hungry.

OAFB, CAFB, Kraft Canada and food banks across the nation, including Eden Community Food Bank have a goal to raise more than \$75,000 in Ontario. Donations collected through the *Kraft Hunger Challenge* will be matched dollar-for-dollar up to a maximum of \$30,000 by Kraft Canada. Nationally, Kraft Canada will match \$150,000. All monies raised in Ontario will stay in Ontario, ensuring that all local donations will directly help local food banks and feed local families.

Visit [www.edenfoodbank.org](http://www.edenfoodbank.org) to volunteer or make your donation.

**Email us your events, classifieds, crafts & recipes, parenting tips, funny photos or stories to [info@momsofmississauga.com](mailto:info@momsofmississauga.com). Each submission will be entered into a draw at the end of the year for a gift certificate valued at \$50. MOMs we would love to hear from you!**

**PLACE  
YOUR  
AD  
HERE**

## BACK TO SCHOOL

"Are you looking forward to your kids going back to school?" was a question I had asked previously .

I was surprised by the responses to a survey sent out. Most MOMs were not looking forward to the new school year starting. Most of the responses had to do with the stress it caused to the household.

*No - Summer is much more relaxed for the entire family! Back to school means tighter routines, shorter days and homework! As my kids would say...YUK! I second that!*

*No - All hell is going to break loose in the month of September :)*

One of very few Dads that responded was concerned about his wife's stress level. That Dad happened to be my very supportive husband. He noticed the increase in my grays this summer. I'm not sure if it's for my sake or for his. Written by Cj.



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## PARENTS PREPARATION FOR KINDERGARTEN- 20 TIPS FROM A FORMER KINDERGARTEN TEACHER

(cont'd from page 1) (detailed tips can be found online in parenting tips)

6. Leave toys at home. There are enough toys in the classroom and they have been selected to teach.
7. Backpacks! This is a big one! Make sure the backpack is not bigger than your child! It should be big enough to hold snack, a library book, artwork and newsletters.
8. Check your child's backpack daily.
9. Take time to read the newsletters, notes and calendars. The teacher has written these things to benefit your child and to keep you informed.
10. Check out the calendar and let your child know if a special event is happening. Having your child prepared for special events helps him/her to make connections, but also helps them prepare for what will happen.
11. Be on time! This is a BIG one! It is important for children to arrive at school on time.
12. Arriving on time at the end of the day pick-up is as important as the start of the school day. It's important that your child is picked up on time especially the first week. Be there on time with a big hug and smile and a "How was your day?".
13. If your child is going to be riding the school bus make sure you start this routine from the first day as this is when all routines are established.
14. Prepare your child for Fire Drills. Every school has to have at least two in the Fall and two in the Spring. Explain to your child what a Fire Drill is and why it happens and that it is nothing to be afraid of.
15. Make sure your child gets to bed early so he/she is well rested for school. He/she should have a good breakfast or lunch. He/she should be dressed for the weather.
16. Snacks! This is also a big issue for parents and teachers. If your child will be taking a snack to school make sure it is a healthy snack... no candy or chips or pop!
17. Health issues. Let your child's teacher know, verbally and in writing, of any health issues your child has, including allergies.
18. Some children may cry when left at school the first day, some for the first week, some for the first month and some for the entire year. From a teacher's point of view separation anxiety is often tougher on the parents than on the children.
19. If the child's teacher accepts volunteers and you have the time... get into the school! There is no better way to support your child's learning than to see what actually goes on in a day of Kindergarten.
20. Play! Play is a child's work. It is how they learn. Rote learning and endless paperwork is not how children learn best.

The article tips are courtesy of Fiona Harrower, former Kindergarten teacher with over 19 years experience and currently the Coordinator of Byngmount Readiness Centre.



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