

MOMS

mentoring of mothers society

Creating a Less Stressful Home

by Jackie Ayer

AUGUST 2009

September can be a very stressful time for families and particularly for us as moms. School supplies need to be purchased, lunches planned out, permission slips filled out and field trips paid for! September is also a great time to set new goals, establish healthy habits and create a less stressful home.

As a mom I have discovered the importance of equipping my kids with simple, easy to practice stress management skills. These strategies have provided our kids with important tools they can draw from throughout their lives.

Parents are their children's first and best teachers. Through our own examples of active listening, problem solving and positive self talk, our children learn to manage their own stressful situations. Here are a few strategies you might want to try with your family:

1. Active Listening: As you listen, wait. Let them finish their sentences and their thoughts. Give them uninterrupted time and lots of eye contact. Give feedback and respect their feelings. Listening to understand communicates value and love. James 1:19 reminds us to be quick to listen, slow to speak and slow to get

angry.

2. Problem Solving: Learning to solve problems helps kids reduce impulsive reactions and develop emotional self control. Choose a simple problem solving model you can follow as a family. For example:

Step One: Describe the problem. Name it.

Step Two: Come up with one or two solutions – discovering more than one solution to a problem speaks volumes of hope to a child who was feeling overwhelmed and helpless.

Step Three: What solution would you like to try?

Step Four: Follow up – “How did it go?”

3. Positive Self Talk: Help your children identify the lies they are speaking about themselves then replace the lies with truth. If your child says, “I’m not good at anything,” you could say, “I’m sorry you feel that way. I don’t think that is true about you. The truth is you’re great at a lot of things like sharing and riding your bike and tying your shoes. I love the way you always help me set the table for supper...” Once you identify the lie or negative self talk, it is very important to be prepared to speak words of truth.

John 8:44 warns us that Satan is the father of lies, but John 8:32 reminds us that God’s truth will set us free!

In my own journey as a mom I have not always set the best example for peaceful, stress-free living. There are times when I have felt swallowed up and consumed by my own on-the-go lifestyle.

I have felt God inviting me to come away and enjoy moments of solitude and silence where I can be restored and refreshed through His Word and through His Spirit.

From that place of rest I am better prepared to nurture my family and create a less stressful home.

Jackie has 20 years experience in equipping groups and individuals with strategies for healthy living. She is an experienced conference speaker and workshop facilitator, committed to seeing women discover their relationship with Jesus Christ and embrace the adventure He has called them to. Jackie is a stress management strategist and workshop facilitator for “Kids Have Stress Too!” She trains trainers for the Psychology Foundation of Canada, owns a small business called, Life Matters, And works for Chilliwack Community Services as a Family Literacy Coordinator.

Langley MOMS Chapter - Where Friends Meet

Last September saw the start of a brand new Chapter of MOMS in Langley.

Chapter Coordinator Wendy Young is encouraged with the Chapter’s first season. Turnout is good; weekly meetings are host to about 18 mothers, with special events drawing between 25 and 30 women. The *Bumble Bees* childcare is busy with 12 to 15 kids attending each week.

And the Chapter continues to grow; last season they welcomed five new babies. (See *New Babies* section on page 2.)

But more important than numbers, Wendy is encouraged by the friendships being built.

“The very first time we met,” says Wendy, “two young single moms sat beside each other, became friends and have

been friends ever since. Even if that was all that came out of [last season] I would be happy.”

Wendy is mom to sons Taylor and Matthew. Her husband, Dennis, is pastor of Langley Evangelical Free Church where MOMS meets.

You can visit the Langley Chapter on the corner of 208th Street and 48th Avenue in the Murrayville area of Langley.

IN THIS ISSUE:

Less Stressful Home	1
Langley MOMS	1
New Babies	2
MOMS News	2
Moms’ Favorites	2
Health & Nutrition	2
Quote of the Day	2
Community Events	2

MOMS

Purpose Statements

To provide a network that encourages and equips moms to be the best mothers they can be.

To provide mothers the opportunity for personal growth through developing their skills and talents.

To provide a safe place for women to share their struggles and concerns related to raising a family.

To provide experienced women the opportunity to mentor other mothers.

New Babies in Langley

- Angela Buyver became mom to Jaden Buyver.
- Natasha Radbourne became mom to Owen Radbourne.
- Laura Kingsley-Smith became mom to Phoebe Kingsley-Smith.
- Taralyn Eddy became mom to Carter Eddy.
- Krista Martens became mom to Jack Martens.

Congratulations, moms!

QUOTE OF THE DAY

"When in doubt, just take the next small step."

- Regina Brett

MOMS' FAVORITES

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SWEET & SOUR CHICKEN

Wendy Young, Langley Coordinator

6 chicken boneless chicken breast, cut into cubes, cooked in a frying pan and set aside.

2 cans pineapple chunks, drained, reserve liquid
1 - 1/2 cups chicken broth
1/2 cup vinegar
1 Tbsp soy sauce
1 Tbsp ketchup
1/4 cup corn starch (depending on how thick you want the sauce)
1 cup thinly sliced green onions
3 green peppers, cut into pieces

1. Combine the pineapple juice, chicken broth, vinegar, soy sauce, ketchup in frying pan with a whisk. Gradually add corn starch and whisk, you may need to add more depending on how thick you want it. It will take a few minutes to thicken up.

2. Add peppers, chicken, onions and pineapple chunks and simmer for awhile.

Serve with Rice

MOMS' NEWS

- ⇒ MOMS Newsletter is now on its second edition. Welcome to Heidi Champagne, our new editor
- ⇒ Welcome to Cheryl Harder as MOMS Coordinator Liaison. Cheryl will be coordinating monthly conference calls with MOMS Chapter Coordinators to provide information and a chance for leaders to network and learn from each other.
- ⇒ Kelly Rader is back as MOMS Program Director. Dianna Duerksen has resigned as their family will be growing in September with the adoption of a child.
- ⇒ Watch for the launch of the new MOMS website in fall 2009.

Health & Nutrition Tips - New Food Experiences

Trying new fruits and vegetables is a great way to get kids interested in the foods they eat and can be a fun experience for the whole family. Try zucchini, blackberries, apricots or cherries. To enhance your child's food experience:

- Take kids to the **grocery store** and let them help choose fruits and vegetables.
- If you have a u-pick farm,

garden or berry bush near by, **pick the food together**. Your child will learn how different foods grow.

- Serve the new food when your **child is hungry**, they will be more likely to try it.
- **Don't force** a child to taste the food. Keep the experience positive.

Talk about the new food with your kids. Together describe the taste, smell, colour, shape and the sound it makes when it is eaten.

Let your kids try new **foods with friends**. They will likely try it if they see others around them eating it too.

Fraser Health Public Health Nutrition Program

COMMUNITY EVENTS



MOUNT LEHMAN ANNUAL COUNTRY FALL FAIR - Sept 19

Mount Lehman School, Mount Lehman Road and Taylor (north of the Freeway) Abbotsford, B.C. Program from 9:00 a.m. to 4:00 p.m. (setup before) and Pancake Breakfast at 8:00 a.m.

A great little Fall Fair with crafts, all day entertainment, and lots of activities for the kids. Cost: \$30.00 for table inside the gym (they supply the table) or \$15.00 for outside space (you supply your table and tent). For further information call Lisa George at 604-607-1234

LAUGH YOUR WAY TO A BETTER MARRIAGE - October 16 & 17

Video seminar hosted by Dave & Kelly Rader is coming to Yarrow Alliance Church.

THE MANNERS LADY - November 5, 6 & 7

MOMS is hosting 3 Manners Lady concerts in 3 cities on 3 days. Stay tuned!

MOMS CONFERENCE 2010 - March 27

Mark your calendars now for a day you won't want to miss.