



VOLUME 3

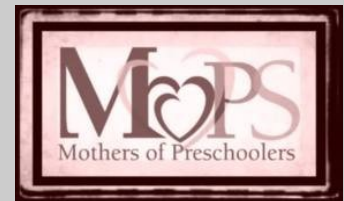
ISSUE 2

NOVEMBER 2011

Amazing Questions Kids Ask About God

Q: How can God be three persons and one person at the same time?

A: We don't know *how* God can be three persons at the same time, but we know he is because the Bible tells us so. The idea of three in one (the Trinity) is very hard to understand. Some people use the example of water. Water can be a liquid, a gas, or a solid. We usually see water in liquid form, as when we use it for drinking or for taking a bath. But water can also be a gas, as when it turns to steam. And it can be a solid, in the form of ice. But whether liquid, gas, or solid, it's still water. In some ways God is like a family with father, mother, and child—three persons and one family. Just remember that the Trinity does not mean that we have three gods. There is one God with three persons. The Trinity also does not mean that God wears three hats, or takes on three roles, at different times. All three persons—Father, Son, and Holy Spirit—have always existed.



New Beginnings

After your first child is born, you're never the same. You are forever a mother. A pregnancy journal can help you to chart the beginnings of this journey for yourself, as well as the start of your relationship with your child. For subsequent pregnancies, it may be helpful to look back and compare.

Private or Public?

The first decision you need to make is about who (if anyone) you want to have access to your journal. Some people blog publicly or for family and friends, while some journal with partners. Some intend to share the journal with their unborn child at some point; others just write for themselves. If you decide to blog, there are websites where you can set it up for free. You could also print entries and put them in a book. If you're not much of a writer, you might prefer to keep track of events in a planner or on a calendar.

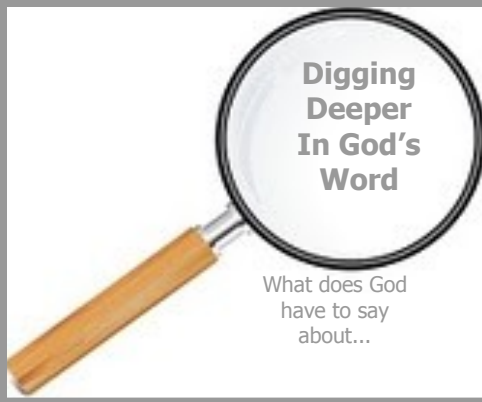
Whatever you decide, a journal is a wonderful way to hold onto memories for yourself and generations to come.

Excerpt from *The Mom & Caregiver*

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~Watching Our Tongue~

Ephesians 4:29

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Discover more in....James 3:1-12

The Game of Life: Top Ten Most Common First-Time Parenting Mistakes

Here are the mistakes first-time parents are most likely to make—and what you can do if you see yourself falling into them.

1. **A Critical Eye**—What's your standard for behavior? Is it perfection? Is your goal to create a computerized mannequin that will do whatever you say, as soon as you say it? Accept your child as he is. He isn't going to excel at everything.
2. **Overcommitment**—You've got to know your child's heart, help train your child's heart, protect your child's heart, and listen to your child's heart. This is more important than making sure your two-year-old is socialized, can play soccer, gets an early start in ballet, and has music-appreciation lessons. Spend the early years enjoying each other's company and use that time to capture your child's heart.
3. **Not Enough Vitamin N**—Vitamin N stands for *No*—not just the word but the concept. First-time parents fall into the trap of thinking that they can make their child happier and better adjusted by what they give to their child and the experiences they provide for their child.
4. **Lack of Vitamin E**—Instead of telling a child how wonderful she is just for being a child, you want to teach your child to think in a constructive, positive manner. Esteem comes from accomplishing something and from giving something back. If a kid earns something or learns how to do something, and her parents come alongside her and comment about what a great job she did or what a great effort she made, the girl starts thinking to herself, *The most significant people in my life—my mommy and daddy—notice what I've done.* This is what builds esteem, because it's built on substance.
5. **Getting Caught Up In The Competition Game**—Are you raising the kind of baby who only wears the latest designer clothes? Are you concerned that your child has the latest brain-stimulation toys, is developing physically faster than other kids her age, and is talking sooner as well? Instead of comparing your kid, enjoy him.
6. **Getting Overexcited**—As a first-time parent, you'll go through many trials and anxieties for the first time. With child number two, you won't sweat these same trials quite so much because you've been through it before and learned from it.



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Saying "Thank You" to Our Childcare Workers

Did you know that during our meetings, your children are being taught, fed, changed (for those in diapers), cared for and loved by our wonderful childcare workers? We are able to enjoy a nice hot cup of coffee, have adult discussion and get an entire sentence out without having to worry about our children. Isn't it nice? Remember to give each childcare provider a genuine "THANK YOU" as you leave today.



November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 	7	8	9	10 	11 	12
13	14	15	16	17	18	19
20	21	22	23	24 	25	26
27	28	29	30			

November MOPS Meetings

Thursday, November 10th
9:30—11:15am
Unlocking Your Child's Potential

Thursday, November 24th
9:30—11:15am
"Table Talk"
All Things Food and Nutrition



Operation: Your Health

Simple Ways to Move More



Take the stairs, not the escalator. Park five spaces farther away. Do such small efforts really make a health difference? You bet. According to the Mayo Clinic, even minor increases in small movements, such as fidgeting and gesturing, can boost your energy expenditure by 20 percent. A study of both lean and obese couch potatoes determined that, even without exercising, people who simply sit less could burn up to 350 more calories every day.

Mad Gab



Contact Us

Have a story to share? A funny tidbit? Send us an email! We would love to hear from you!

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BETTER MOMS MAKE A BETTER WORLD

Trivial Pursuit: What's Happening

Need something to do on the PA Day, November 18th? Westmount Library offers a PA Day Craft activity for you and your child from 2-2:45pm. London Children's Museum offers an all-day camp with activities such as crafts and singing. Kidscape offers a full-day or half-day program for your child. Cozy up at home—rake some leaves together, read a good book together. Set up the day like school—with recess, teaching, snack time, quiet time.

*Dear Jesus,
Sometimes I'm afraid of letting you have complete control of my life. Show me how to be a "yes" kind of girl, like Mary was, and use me to bring You to others. Amen.*



Instruction Manual: Confessions of a Mom

I have a confession to make. I learned a lesson about God's will. It's funny, it took me almost a year to fully understand His ways, and I imagine that I still don't see the whole picture, but just a glimpse to help settle my heart. Last year we had a terrible tragedy in my family—something completely unexpected and life-altering. And what should have been a joyous occasion suddenly turned into a very bad dream that you can't wake up from. My brother and his wife were expecting their first child and were a couple of weeks away from a new chapter that was about to begin in their lives. Abruptly they lost the baby and my sister-in-law almost lost her life as well. It is only by God's grace that she pulled through. And here we are, almost a whole year later, still missing the little girl that didn't get to live her life here on earth. For all the hundreds and thousands of "firsts" that newly proud parents will experience—the joy of seeing that first tooth, the first steps, hearing the soft whispers of your child's heart. But also simply



"...I imagine that I still don't see the whole picture, but just a glimpse to help settle my heart."

the wonder of being a new mom or dad—the sleepless nights, the crying that only a parent can calm. My heart breaks for all they have missed out on. And I have to admit, I think I was a little angry at God, wondering why He would choose our family to have this happen to; that this was a burden that was maybe too big to bear. And then God's grace found me the other day, and I got a fleeting look at His mercy. And I finally understood that for all the sadness from this past year, there was still a life to be celebrated. For my sister-in-law was still here with our family, and for that I am eternally grateful. I have the best sister that I could ask for, our kids have an "Auntie" who loves them dearly, and my brother has a wife that he is completely smitten with and loves more than life. And so for that, I must thank God for His grace and mercy, and know that one day I will see Taylor again and let her know how much she was loved, even though we didn't meet here on earth.

by: Jennifer Frankel

Continued from page 2

- 7. Overdiscipline**—Quite often, it's best to simply put your child down for a nap when she's being irritable rather than trying to make a life lesson out of one impatient act. Learn to recognize your child's human limitations and stop expecting her to always respond with robotic regularity. Take the time to find out what's going on.
- 8. Underdiscipline**—There's a line between expecting perfection and letting your child do everything he wants without consequences; it's not always easy, but you need to find the patience to discipline consistently.
- 9. Letting Other People Raise Your Child**—The first five years will be the most important five years of your child's life—developmentally speaking. The person who spends the most time with your child over the first five years is the person who will most influence his or her development.
- 10. Allowing Your Child To Be The Center Of The Universe**—The smart mother will teach her child the importance of sharing and giving. You have to teach your kids to become aware of others and not just selfishly think of themselves.

These 10 mistakes all center around the most likely character deficiencies of a firstborn. She's already programmed to succeed. Your job is just to point her in the right direction.

Article courtesy of "First-time Mom" by Dr. Kevin Leman