



Fresh Air News

January 2007

Coordinators' Message

Greetings and wishes for a happy New Year for everyone! We hope everyone had a wonderful Christmas and are ready for the winter months (although with the temperatures we have been having it doesn't feel like winter!)

We hope you all enjoyed Lucretia Browning as our speaker last month. She did a wonderful job speaking about relationships. It was a perfect reminder of what we should make important with the craziness of the holidays.

The owners of Love Your Space will be at our next meeting to talk about organizing all of our piles and "stuff". Remember that the meeting is the 2nd Friday rather than the 3rd Friday. We hope to see you all on the 12th.

Ronnice and Jen

Chapter Three of What Every Mom Needs

Relationship--No Mom is an island. Without people in my life who know me and love me, I can't be me.

"It is impossible to overemphasize the immense need people have to be listened to, to be taken seriously, to be understood. No one can develop freely in this world and find a full life without feeling understood by at least one person." writes Paul Tournier.

We were created to have relationships. Not just husband/wife relationships, but friendships as well. Many times our friendships, and marriages, are the first things to fall to the bottom of the list during this season of raising young children. Our energies and our time are in high demand just to keep up with our daily lives.

It's a new year. It's a great time to put into practice some of the things that we learned from our December speaker, Lucretia Browning. We can give no greater gift to our children than to have a strong marriage.

It's often over looked but it is worth the effort to continue our friendships into this new phase of our life. It's not easy. It's sometimes hard to remain friends with those without kids or friends with older children. Isn't that what is so wonderful about our MOPS group. The game we played, The Great Wind Blows, proves that there is at least someone else sharing an experience with us.

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Kids' Corner

Folding, Sorting & Matching Fun

Colors Ask him to sort the dirty laundry into piles of light and dark colors. Or see if he can identify the color of each garment as you fold it.

Shapes Give him the clean dish towels and washcloths to fold (because who cares how they turn out?) and show him how to turn a rectangle into a square, a large square into a smaller square, or even a square into a triangle.

Matching Supply him with a pile of clean socks and show him how to find matching pairs: stripes with stripes, gray toes with gray toes. "Where's this one's friend?" is a good-natured coaxer.

Big and Little Have him sort the kids' clothes from the adults' items. Hold up one of his T-shirts and ask, "Is this Daddy's shirt?" It cracks up kids every time.

In and Out Wash day is a fine occasion to teach kids prepositions. The laundry comes out of the hamper and goes in the washer. The onesie is under Daddy's blue shirt. The washcloths are stacked on top of the towels. Baby is inside the pile of clean clothes. Come out, silly!

From familyfun.com

Wiggle While You Work

Most toddlers will jump at the chance to help out, and with just a little planning, you can offer a bevy of fun movement activities--while introducing him to the wonderful world of chores.

Make a Match As you unload them from the dryer, split pairs of clean socks into two baskets. Place the baskets on opposite sides of the room. Then, while you fold the rest of the laundry, have your child grab a sock from one, race to the other to find its mate, and dash the pair back to you.

Flower Power Give him a small watering can and let your little helper soak as many backyard plants as he can before running to the hose for a refill.

Do the Twist Teach your child to dry himself off after a bath: instead of rubbing the towel against him, hold it steady and let him twist and dance against it until he's dry.

Swept Away Maybe it's the satisfaction of seeing a big pile of dirt, or maybe it's simply a natural desire to help--whatever the reason, most toddlers are crazy about sweeping, so give yours a diminutive broom or push mop and a dustpan. He'll have a great time using it, and your floor might even get clean in the process.

Dress for Success Lay out your child's clothes or pajamas, put on a favorite song, and challenge him to dress himself by tune's end. To up his odds of succeeding, omit any serious clothing bugaboos (like socks).

From familyfun.com

Chapter Three of What Every Mom Needs (con't)

When I leave MOPS each month I feel lighter and less serious, I feel like an aunt to my children, a fun, happy aunt that wants to have fun with the kids. That is what spending time with friends does for me.

It is important to make friends, just like we encourage our children to do. Let's take our own advice and seek out a friend, possibly at our new table assignments in January.

Ecclesiastes 4:10—"If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" Don't wait until you need a friend to find a friend. If you have times of feeling lonely, step out of you comfort zone and make a friend. You both will be blessed in the process.





January 2007

Easy Breezy Tips

www.budget101.com is a great website. I like it to find different gifts to make in a jar or a mug.

Have an idea that's just awesome? Share it as an Easy Breezy Tip at our January meeting!!!

January Dates to Remember

5 Romp & Stomp Starts (10:30am-12pm)
10 Steering Team Meeting 6:45 pm
12 MOPS Meeting 9:00am
26 Curiosity Connection 10:00am fee involved

Free Trial Month for Friends

If you know someone that would like to try out MOPS free for a month, please have them contact Jamie Stodolak at 528-7951.

January Meeting Reminders

Don't miss our January meeting! Love Your Space will be helping us organize in the new year.

Did your children get new clothes from Santa and now they just have too many? January is time to clean out and make a generous donation to the Teen MOPS "Clothes Closet". The donation for January is winter clothes (pants and shirts or 1 piece outfits) for size newborn to 5T. Feel free to bring other items to donate as well.

Semester Fee Due. Another MOPS semester will be beginning on January 12, 2007. Please remember to pay your \$20 semester fee at our January meeting. This fee will cover through May 2007. If you have any questions, please contact Jamie Stodolak at gotme2@comcast.net.

Mom and child outing at Curiosity Connection on Friday January 26th at 10:00 am. There is a fee involved. Watch at the January meeting for a sign up sheet. Join us to socialize and meet more Moms in our group and see the amount of fun your child can have too.

Recipe of the Month

Baked Oatmeal

½ cup oil
1 cup sugar (or less) I use ½ cup
2 beaten eggs
3 cups instant oatmeal
1 tsp. baking powder
1 tsp salt
1 cup milk
1 tsp vanilla

Mix oil, sugar and eggs together. Add all other ingredients. Bake in an 11X13" pan at 350 degrees for 30 minutes.

You could also add nuts, raisins, sesame seeds, dates, granola, dried fruit, coconut or chocolate chips before baking.





January 2007

Seasonal Affective Disorder

Seasonal affective disorder (also called SAD) is a type of depression that most commonly arrives with winter months. It is also referred to as winter depression. It can arrive in late fall or early winter and leaves with the arrival of summer or warm weather. SAD is thought to be related to changes in the amount of daylight during different times of the year.

SAD is fairly common...as many as half a million people in USA may have winter depression; women are more affected than men. Children may be affected but young adults don't usually show symptoms until 20 years of age. The risks of SAD increase as we age!

Common Symptoms may include:

1. A change in appetite, especially a craving for sweet or starchy foods
2. Weight gain
3. A heavy feeling in the arms or legs
4. A drop in energy level
5. Fatigue
6. A tendency to oversleep
7. Difficulty concentrating
8. Irritability
9. Increased sensitivity to social rejection
10. Avoidance of social situations

After consulting with your doctor; he may suggest light therapy, meditation or behavior therapy or a combination of these three therapies. Remember, you are not alone in this situation and treatment is available...take advantage of it!

Good health to you this New Year, Debbie

Romp & Stomp

Looking for indoor activities for your children during the winter? Romp & Stomp will begin January 5th from 10:30am-12:00pm at First United Methodist Church in the multipurpose room. This great time for children to run off their energy will continue every Friday through March 30th with the exception of 1/19/07 and 2/23/07. For questions, please contact Janice Bowen.





January 2007

Meet Jodie Dodson



Child/Children's Names and Ages: Zoie - she'll be 3 in just 22 days so we can say she's 2 and 11 months or that she's 3

One favorite indoor activity to do with child/ children: Make forts and tunnels

One favorite outdoor activity to do with child/children: Play in the pool

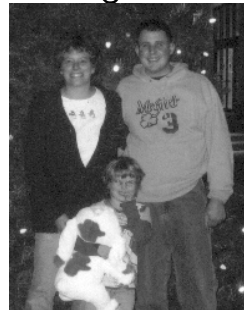
One favorite children's book: Time to Sleep by Denise Fleming

One favorite quick dinner: Spaghetti and Meatballs

One favorite hobby: Scrapbooking

Best Mothering Advice: When my patience is fading, I count to 10 and give my girl a hug. I try to remember that this time with her is so short and to make the most of it.

Meet Brandy Zimmerman



Child/Children's Names and Ages: Gabriella Age-5

One favorite indoor activity to do with child/ children: Crafts and Coloring

One favorite outdoor activity to do with child/children: Swinging on the Swings

One favorite children's book: Chicka Chicka Boom Boom

One favorite quick dinner: Chicken Nuggets

One favorite hobby: Singing

Best Mothering Advice: Always have fun with your child

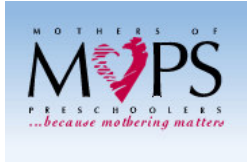




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January 2007

First United Methodist church
135 W. Simpson Street
Mechanicsburg, PA 17055
717-766-4611



www.mops.org

MOPS Purpose Statement

MOPS International exists to encourage, equip and develop every mother of preschoolers to realize her potential as a woman, mother and leader in the name of Jesus Christ.

January Birthdays

Tracy Barr 9th
Julie Layton 21st
Amy Meyer 28th

