

THE DAILY PLANET

Where Super Moms Get Their Information

SEPTEMBER 2009

SAVE THE DATE!

September 24
Kiwanis Park

October 8
Next MOPS
Meeting



"Pray early and pray often;
Hug early and hug often;
Laugh early and laugh often.
They're all good for your
mind, good for your soul and
good for your abs."

-Timothy Shriver (Chair and CEO of the
Special Olympics)

Farmington
MOPS
Mothers of Preschoolers

You Have Arrived Safely On Planet Mom!

This MOPS year we are celebrating life on Planet Mom. Do you feel like an alien on your own planet? We have all taken a ride on the Mommyhood Express through birth, adoption, or foster parenting and found ourselves dropped off (sometimes dumped) on Planet Mom. Some of us have been roaming on this planet for a long time, and others have just arrived (sometimes quite by accident!) This year our meetings will aim to fill you physically (with breakfast of course), socially (with the other amazing moms in your discussion group), and spiritually as we travel through space...the spaces that surround us as well as the spaces within us.

We are SO excited for all the amazing things God will do through this MOPS group this year. Buckle up your seat belts, it's going to be an exciting ride!

MOPS Fees for the 2008-2009 year:

MOPS International Fee: \$23.95 for the year. Due at the time of registration. Need help? Sign up to work in MOPPETS for one meeting and we will pay your MOPS Intl. fee!

Monthly meeting fee: \$7.00 per month. This can be paid all at once, or at each meeting. This is necessary to help us pay for childcare workers, hospitality, supplies, printing costs, etc.

There are index cards located on each table. If you have a specific prayer request, or just want the Mentor Moms to pray for you and your family, please fill out your name, the name of your husband and children, and any requests you may have. Our Mentor Moms are an amazing part of our group and they are here to help you with ANYTHING you may need and they want to pray for you specifically! All prayer requests are kept confidential.

Verse of the Week

"Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9

If you wonder where your child left his roller skates, try walking around the house in the dark.

~Leopold Fechter

Crockpot Corner

CHERRIED PORK ROAST

One way to make dinner easier for all of us is to use the good ole' crock pot to make dinner. I hope to feature a new crock pot recipe every month. If you have a crock pot recipe that is easy and delicious, please submit it to Jennifer Jackson at jacksonj002@yahoo.com. **Easy clean-up hint:** use a crock pot liner and all you have to do is toss out the liner and the crock pot is clean!

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| <ol style="list-style-type: none"> 1. Trim fat from meat. If necessary, cut roast to fit into a 3 1/2- to 6-quart slow cooker. In a large skillet brown meat on all sides in hot oil. Drain off fat. 2. Transfer meat to cooker. Sprinkle tapioca, dried thyme (if using), and pepper over meat. Add onion and dried cherries. Pour apple juice or cider over all. 3. Cover; cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3 1/2 to 4 1/2 hours. Transfer meat to serving platter; cover to keep warm. 4. For sauce, skim fat from cooking juices. If using, stir fresh thyme into juices. Serve meat and cooking juices with hot rice or noodles. | <p style="text-align: center;"><u>Ingredients</u></p> <ul style="list-style-type: none"> 1 2-2.5 pound boneless pork shoulder roast 2 tablespoons cooking oil 1 tablespoon quick-cooking tapioca (<i>this is used in many crock pot recipes. You can find it in the baking aisle by the pudding and jello at Walmart</i>) 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed 1/2 teaspoon pepper 1 medium onion, sliced 1 cup dried cherries 1/2 cup apple juice or apple cider 3 to 4 cups hot cooked rice or noodles |
|--|--|

Health Matters

1. **Always place your baby on his or her back to sleep, for naps and at night.** The back sleep position is the safest, and every sleep time counts.
2. **Place your baby on a firm sleep surface, such as on a safety-approved* crib mattress, covered by a fitted sheet.** Never place your baby to sleep on pillows, quilts, sheepskins, and other soft surfaces.
3. **Keep soft objects, toys, and loose bedding out of your baby's sleep area.** Don't use pillows, blankets, quilts, sheepskins, and pillow-like crib bumpers in your baby's sleep area, and keep any other items away from your baby's face.
4. **Do not allow smoking around your baby.** Don't smoke before or after the birth of your baby, and don't let others smoke around your baby.
5. **Keep your baby's sleep area close to, but separate from, where you and others sleep.** Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you bring your baby in bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside co-sleeper (infant bed that attaches to an adult bed) when finished.
6. **Think about using a clean, dry pacifier when placing the infant down to sleep,** but don't force the baby to take it. (If you are breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.)
7. **Do not let your baby overheat during sleep.** Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
8. **Avoid products that claim to reduce the risk of SIDS** because most have not been tested for effectiveness or safety.
9. **Do not use home monitors to reduce the risk of SIDS.** If you have questions about using monitors for other conditions talk to your health care provider.
10. **Reduce the chance that flat spots will develop on your baby's head:** provide "Tummy Time" when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.

Lowering the Risk of SIDS

A new Kaiser Permanente study showed that using a fan in a baby's room reduced the risk of sudden infant death syndrome (SIDS) by 72%. If the room was warmer than 69 degrees, the fan cut the risk even further, to 94%. Experts still don't know what causes SIDS, but one theory is that babies breathe in exhaled carbon dioxide that gets trapped between their airways and bedding. By increasing ventilation, a fan may reduce trapped carbon dioxide. —Madonna Behen womansday.com

*For more information on crib safety, contact the Consumer Product Safety Commission at 1-800-638-2772

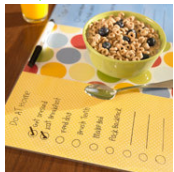
Inspirational Moments

Are You a Discouraged Mom? By Amy Ivey (from ParentLife Feb. 2009)

No matter the source of your discouragement, God desires to strengthen you and renew your perspective. Consider these suggestions for finding the encouragement you need.

- *Spend time with God.* Each day moms have much to accomplish, so it is easy to hurry through tasks and never spend any of the day pursuing God. But your spirit needs to be fed. Spending time with God will enable you to keep your focus on lovingly nurturing your child.
- *Seek God's forgiveness, forgive yourself, and forgive your child.* God knows you will make mistakes as a mom and that your child will not be perfect. He knows your human frailties. Receiving His grace and instruction and demonstrating that grace to your child can be the beginning of dealing with the source of your discouragement.
- *Remember, your child is a gift.* During times of difficulty with a child it can be easy to forget what a gift he is from God. Negativity can dominate your thoughts. Remember all of your child's wonderful qualities. Boost positive experiences with your child by returning to activities that you and your child once enjoyed sharing together.
- *Get some rest.* Rest, as difficult as it is to obtain, can be vital to moving beyond your discouragement. Consistent lack of sleep adversely affects a person's ability to think clearly and maintain emotional stability. You may have to undertake the hard work of changing your child's sleeping habits in order to get the rest you need. Research has shown that a child's sleep problems correlate with a mother's sense of physical and mental well-being.
- *Resist comparisons.* Do you catch yourself comparing your child and your parenting to other families? Sometimes comparison boosts a mom's confidence, but it is ultimately damaging because at other times another child will be better behaved. Instead moms need to be real with one another and extend grace and encouragement.
- *Get involved in recreation, particularly physical activities.* Moms have many excuses for not taking time for themselves, such as feeling bad about leaving their children. But taking time for yourself will help you to be more objective about your parenting, be less irritable, and have more energy.
- *Remember your significance.* While the world praises visible accomplishments, moms often wait years to see results. Work finished in one day often is undone the next. But you are important. God chose you to be your child's mother. No one else can do the job you are doing or has the unique impact you have. The time with your child is incredibly brief and powerful, so seek God's strength to parent with no regrets.

KIDS SPACE



CHECKLIST PLACE MATS

www.familyfun.com

Table your constant stream of morning reminders with this clever place mat, which allows kids to take responsibility for their own must-dos.

CRAFT MATERIALS:

- Decorative paper
- Scissors
- Glue stick
- 18- by 12-inch sheet of poster board
- Markers
- Clear Con-Tact paper (or have it laminated at a copy shop)
- Nontoxic dry-erase marker
- Adhesive-backed Velcro dot

1. Cut three 6- by 12-inch rectangles from decorative paper. Use a glue stick to affix them side by side onto the poster board.
2. Write a "Do at Home" checklist on the left rectangle and a "Take to School" checklist on the right one (leave a few blank spaces at the bottom of each list for write-in reminders).
3. Have the place mat laminated at a copy shop or cover it with clear Con-Tact paper. Your child can use a nontoxic dry-erase marker to check off items or write additional reminders. Affix an adhesive-backed Velcro dot to keep the marker in a handy spot on the mat.

OUT AND ABOUT

Green Chile Festival, September 19th-20th, 10AM-6PM Sutherland Farms. We have barrel train rides, face painting and play area for the kids. (743 CR 2900) Located 7.5 miles N. of Aztec Ruins or call 505-334-3578

Story Time and programs in Youth Services start at the library during the week of September 21. Check the calendar for all the times and the wonderful stories at www.infoway.org

See **"Ratatouille"** outdoors on a giant 40' x 22' screen! September 12th. Movie begins at Dusk. Gate opens at 7:00PM. Tickets \$3.00 per person. Bring a picnic, blankets, or lawn chairs.

Toddler Playdate at the E3 Children's Museum & Science Center every Wednesday from 10:00am-noon. Visit Tots Turf with your crawler, toddling walker, and climber. Playdates are designed for families with young children to develop early motor skills and find new play-mates

Musical Mondays, September 21—Bring a blanket and your toddler for singing and stories under the shady trees on the beautiful terrace behind the Farmington Museum with Sarah Cooke, Education Coordinator. Every Monday from 10:00am-10:30am we will have an interactive circle of singing, movement, and storytelling. You should bring: a voice ready to sing, a body ready to move, a toddler (or two), sunscreen, sunhat, water, blanket, and snacks for later.

Did you know you are paying for recycling services in Farmington if you use it or not? Here is the info. on how to get your recycling cart!



How do I order my recycling cart? Call 505-327-6284 Monday thru Friday from 9am to 4pm or Saturday from 9am to noon.

When will my cart be delivered?

Your cart will be delivered within five working days of your request.

What does the cart look like?

The Recycling Carts will be green with black lid.

When do I put the cart out for collection?

You will be receiving a schedule with the cart delivery. This schedule will indicate the first day that you may place your recycling cart out. It will be the same day as your regular trash collection - but will be every other week.

What can be recycled in the Single Stream process?

Magazines, junk mail, office paper, phone books, brown paper bags, newspapers, plastic 1-7, flattened cardboard, aluminum cans, foil, pie tins, paperboard, steel cans and empty aerosol cans.

Join us for a
**MOPS Playdate and Photo Session
 at Kiwanis Park**

Thursday, September 24 from 9:30-11:30
 There will be a professional photographer there to
 give us tips on how to photograph our children!
Remember to bring your camera!

Today your MOPPET(S) made butterflies to send
 to the Holocaust Museum Houston. The Holo-
 caust Museum is collecting 1.5 million hand-
 made butterflies in an effort to remember the
 1.5 million innocent children who died during
 the Holocaust. The butterflies will eventually
 comprise a breath-taking exhibition, currently
 scheduled for Spring 2012, for all to remember.



MOPS 2008-2009 Steering Team

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ChildHaven Fundraiser

We are going to have moms and children do-
 nate any change each month to a bottle we
 have at the front table to raise money for
ChildHaven. Our goal is to fill it full of
 change throughout the whole year and then we
 will give ChildHaven a check in the amount
 we raise.

Cell Phones for Soldiers

Please bring all your old cell phones and cell
 phone accessories (no cell phone cases). We
 will be sending them off in the spring to help
 send phone cards overseas to our military
 personnel so they can call home. The website
 for more info is cellphonesforsoldiers.com.

Our next MOPS meeting
 will be **October 8!** We
 look forward to seeing
 you!

**Food for next MOPS
 meeting will be
 provided by:**

The Purple Table

Also, please
 bring cheerios,
 graham crack-
 ers, goldfish or
 pretzels for
 Moppets



The Steering Team would like to thank:

Drama's Designs

Aztec, NM

505-486-2881

VDelaney57@aol.com

personalized Embroidery Designs to
 your requests
 Fleece Blankets
 Towel Gifts
 Baby Items

"This system includes most common chores neces-
 sary to keep your home "spring clean" year
 round. It is not exhaustive and therefore blank
 cards are included for your personalization. It
 does not include the daily grind kind of chores like
 washing clothes or cleaning up after dinner. The
 frequency at the top of the card can easily be
 changed to suit your personal cleaning needs. I am
 a wife and mom of 3 boys and 1 girl. This is my
 personalized system and your needs/preferences
 may be different. It is my hope that this system
 will give you freedom and peace knowing your
 house will be clean year-round with minimal daily
 effort from you."



Do you have an article, book review, announcement or recipe you would like to submit to the MOPS **DAILY PLANET** newsletter? Send it to Jennifer Jackson at jacksonj002@yahoo.com.

Check us out, we're on the web!

<http://www.orgsites.com/nm/farmingtonmops>