



M.O.M.S. the word MARCH NEWSLETTER



IN THIS ISSUE

- A Note from the Chair p.1
- February Speakers p.4
- A Note From p.5
- Green Matters p.8
- Things of note p.11
- Things to do... p. 12
- Marketplace p. 13

MEETINGS

Tuesday mornings
9:00am-11:00am
100 Old Orchard
2nd floor parlour
Babysitting available.



MAILBAG:
If you have an opinion,
question
or suggestion, please write to
us at
info@northtorontomoms.com

A Note from the Co-Chair

Have things changed since 1963?

If it were 1963, what would be on all of our minds at the moms group? Well thanks to Jennifer Eggsgard who drummed up some excerpts from just that time period, we have a little window into the minds of those women. Recall that the group started in 1963 as "The Young Wives Club". In reading the following two documents regarding 1963, I notice the similarities, the differences and the things that we are missing out on in 2010.

Similarities:

- ❖ A focus on mental and physical health
- ❖ Membership numbers
- ❖ "An opportunity for young wives to cope and handle their role, through sharing their experiences with others"
- ❖ fashion interests
- ❖ Green Matters – They had a speaker on "Things made with Javex Bottles" – that's kind of recycling☺
- ❖ Interest in social issues within (abortion) and outside (Mennonites) our community
- ❖ Love of Wine!!!!

DIFFERENCES	MY COMMENTS
1963: babysitting their own children during the meeting	<i>what were they thinking?</i>
1963: organizing committee of 3 vs 26 in 2010	<i>have we gotten dumber or busier?</i>
1963: \$0.25 /3hrs of babysitting 2010: \$2 /2 hrs	<i>given inflation, 0.25 then is 1.80 so they got a better deal</i>
2010: How to be a better parent speakers	<i>Did they care? Are we too paranoid?</i>
2010 issues round how to handle our children's issues (sleep, tantrums, etc.)	<i>Maybe their children didn't have issues or maybe like Andrea describes, they just shoved them outside and shut the door.</i>
No sex issues	<i>They were missing out!!</i>

Things we are missing out on in 2010:
Badminton anyone?
Hats for every outfit
Sing-a-long

FOUNDING OF "M.O.M.S." formerly the "Young Wives' Interest Group"

In 1963, Doreen Fraser (Founder) and Elizabeth Capon felt there was a growing need in the St. Timothy's Anglican Church community for an alternative women's support group. The Anglican Church Women's group was the existing social gathering, hosted by a Chatelaine, defined as "the mistress of a fashionable household", serving tea in the silver tea service, using damask linen.

The mission statement established by the founding members of this new community social and support group was: "Mental, Physical and Spiritual Refreshment"

The original format included badminton at 9:00 a.m. and a guest speaker from 10:00 - 11:00 a.m. The second floor nursery was the room used for babysitting all of the members' children, and was referred to as "The Pit"! Members took turns supervising, and the cost for each child was \$.25 for 3 hours! The organizing committee of 3 posted flyers and opened their doors to 75 women on the first day! The group discussion, led in a circle format, did not talk about "babies, bottles and dishes"--quite emphatically! As time went on, the Young Wives' Interest Group became a catalyst in the community. Weekly attendance in 1965 was 30-35, and currently is 35-40.

Doreen Fraser capsulized why the group was created with the statement--"This was an opportunity for young wives to cope and handle their role, through sharing their experiences with others".

It's amazing how some things do not change. We thank you today for your foresight in 1963.

Judy McMunn and Joan Shaw

-Interview with Doreen Fraser: February 24, 1994.

WHAT WAS HAPPENING IN 1965?

- Canada adopted the New Maple Leaf flag
- The worst power failure in history affected eastern Canada and the Northeast U.S. after a switch failure in Niagara Falls, Ontario, hence the famous Baby Boom nine months later
- Bob Dylan emerged as a force in popular music
- Canadian Christopher Plummer starred with Julie Andrews in "The Sound of Music"
- The "Guess Who" were formed in Winnipeg

SPEAKER SUBJECTS FOR THE "YOUNG WIVES' INTEREST GROUP"

- 1965 Spring Hat Demonstration
Scottish Country Dancing
Terrariums
Tour of the Church
Things Made with Javex Bottles
Camps for Young Children
- 1966 South Africa with Coloured Slides
Carol Singing
Wise Budgeting
Tour of Corning Glass Factory
History of the Mennonites
- 1967 League of Women Voters
Abortion
Simpson's Fabric Department
- 1968 Cooking with Wines
Paper Flowers

M.O.M.S. the word



March 9

Sarah Burchell, Educator

Our own Sarah Burchell will be teaching us how we can incorporate math "lessons" for our children into everyday life. Sarah is a teacher who completed her master of education at OISE and is mother to three children. Sarah's last talk about literacy and the home provided fantastic tools for parents of children of any age. This is talk is not to be missed!

March 16

Social

Even though there is no speaker planned for today, don't let that deter you from coming to our weekly meeting. This is a great opportunity to meet new members, reconnect with others and have some time to recharge.

March 23

Madeleine Loewenberg, Labor/Employment

The decision to employ a nanny is an important one that should be made with the utmost accordance to the law. Our own Madeleine Loewenberg is a lawyer who specializes in labour and employment. She will be informing us as to the particulars of hiring a nanny/childcare worker. Don't miss this session! If you have a nanny, you'd better make sure that you are following the law and if you are going back to work and considering hiring a nanny, you need to know what the rules are.

March 30

Dr. Joey Shulman, Nutritionist

Dr. Joey Shulman DC, registered nutritionist is the author of Winning the Food Fight - Every Parent's Guide to Raising a Healthy, Happy Child the national best seller The Natural Makeover Diet - 4 steps to Inner Health and Outer Beauty and the national best seller The Last 15 - A Weight Loss Breakthrough. Her latest book Healthy Sin Foods - Decadence without the Guilt (Penguin, 2009) will be in stores Nov. 09. As one of Canada's foremost authorities on nutrition and wellness, she is a highly sought after speaker, inspiring and educating large audiences across North America. Her client list includes the likes of Nike, The National Post, Research in Motion, Cadbury and Nesbitt Burns.



M.O.M.S. the word

A Note from...

The Importance of Music in Early Childhood By Laura Ono

As an Early Childhood Music Educator, I am often asked by parents what role music plays in the early years. I would like to share with you some basic concepts about your child's musical development, along with answers to several frequently asked questions.

Music and Early Childhood Development

There is ample scientific evidence that learning music contributes to brain development. A skilled and trained musician actually has a larger brain with more enhanced neural pathways as compared to non-musicians. One study also showed that children who began musical instruction before the age of seven had an increase in the thickness of the neural bridge that connects the brain's hemispheres, compared to children who received music lessons after the age of seven, or none at all.

Music instruction has also been linked to enhanced performance in math and language learning. Singing or playing an instrument requires the same mental activity used in performing advanced mathematical concepts such as proportions and fractions. Music and language learning require the ability to mentally process different pitch and sound patterns, while reading music uses the part of the brain associated with reading text.

Singing games can also help young children develop physically, socially and emotionally. Coordination and motor skills along with spatial awareness can grow through singing games and free movement to music. Singing games also have built-in social rules (such as turn-taking) which children will happily obey. Singing and playing together also develops a sense of security, encourages independence and provides an emotional release for children and adults alike.

In short, music experiences can become a magic carpet for all learning in the early years.



M.O.M.S. the word

Laura Ono – con't

A Note from...

Developing Your Child's Musical Interest - What Can You Do?

In the early years, parents are the first musical role models. The one-on-one interaction of a caregiver who initiates some musical activity every day not only prepares the way for music education, but also adds to the quality of the child's life.

"But I can't sing!" is a common objection I hear from parents. It does not matter if you are "not musical" – it is your voice your child wants to hear. In my baby and toddler classes, my role is to teach the adults a repertoire of nursery rhymes and traditional songs, in the hopes that they will continue to play and sing with their child at home. As children approach school age and are able to attend classes independently, I help them find their singing voices and develop musical skills such as keeping the steady beat, developing rhythmic accuracy and eventually learning to read musical notation.

Parents often ask me to recommend music recordings for their baby or young child. I actually advise parents against exposing children to recordings of symphonies and art music at an early age. Babies and very young children cannot yet experience harmony – so a Beethoven symphony would just sound like rhythmic "noise." I also caution parents against relying on children's music recordings as a way to encourage singing. Children have a higher vocal range than adults and most recorded songs are pitched too low for children to follow naturally. These recordings are also often sung too fast for young children who are just learning how to form words.

When Should Children Start Taking Instrument Lessons?

Learning an instrument is a technical skill, and children will be more successful (and more likely to "stick with it") if they already possess solid musical skills such as in-tune singing and rhythmic accuracy. Ideally, children should also be able to read musical notation and hear the music with their inner ear. Typically, these skills develop between six and eight years of age. Keep in mind that learning an instrument is not necessary for music education – a good music program will use the child's own singing voice as the foundation for all musical learning.

Bio: Laura Ono is the director and founder of My Musical Upbringing, offering quality music programs for infants and children ages 0-8 years. Laura holds an ARCT in piano performance and is a graduate of the Advanced Certificate in Early Childhood Music Education program from the Royal Conservatory of Music and Ryerson University. For more information, please visit www.mymusicalupbringing.com.

M.O.M.S. the word

A Note from...

Connected PARENTING



Jennifer Kolari, M.S.W., R.S.W. Founder of Connected Parenting
jenniferkolari@connectedparenting.com

Jennifer Kolari, M.S.W., R.S.W., is a therapist who has been helping children, teens and families get connected for 20 years. Jennifer published her first book in 2009 with Penguin Group USA and Penguin Canada. She has appeared in magazines such as Today's Parent and Canadian Family, and on Canada AM, Breakfast Television and on CBC'S Steven and Chris. Her insightful strategies shared with warmth and humour, make her a highly sought-after speaker with schools, organizations and agencies throughout North America.

Jennifer spent several years counseling children, teens and parents for the Toronto District School Board and serving as a field supervisor for the University of Toronto faculty of Social Work. Before that she was a family therapist at Integra, a children's mental health centre in Toronto. Jennifer lives in Toronto with her husband and their three children.

Jennifer's **CALM** method creates a loving bond for life.

CONNECT

Connecting is showing undivided attention. It means making eye contact, using your body and your voice, leaning forward, looking involved. Show your child that you're really trying as hard as you can to understand what they're thinking and feeling.

AFFECT

Affect is composed of facial expression, body language, tone of voice – all the nonverbal means we have of projecting emotion. When you're mirroring, you need to join your child in showing whatever emotion they're showing.

LISTEN

Too often we listen to our kids with one ear while we're in the middle of doing something else. But now you're going to really listen. And you're going to use your child's words to let them know that. Say the things your child might say as *if* you were in their shoes.

MIRROR

Connect, accurately reflect your child's affect, and listen to what they're actually saying. These are the three tools that, used in combination, create genuine mirroring and a sincere moment of deep connection.



To stop the endless battles over homework, bedtime routines, mealtimes, and more, read *Connected Parenting: Transform Your Challenging Child*. Available wherever books are sold.

M.O.M.S. the word



GREEN MATTERS



Green Birthdays

Cleaning up after a kids birthday party will make anyone understand that modern ideas like recycling, reusability and responsible consumption don't exist. The typical party will fill more than one green garbage bag with plastic plates, balloons and decorations. However, with a little time and thought you can plan your next birthday celebration with a "greener" theme in mind.

I've recently come across a really neat service called ECHOage. ECHOage is a charity-driven, eco-friendly, online birthday party service where children get to learn the value of giving and receiving while celebrating. With a theme that reads "One Gift, One Cause", each birthday child receives ONE gift and donates funds to ONE charity – a pre-screened charity that is dedicated to improving the lives of children. The process is as follows:

1. Choose an online invitation: the host chooses their online invitation;
2. Choose a cause: the host chooses the charity of their choice (there are 23 listed on ECHOages' website).
3. ECHOage tracker: guests RSVP online and make their donations. Once the party is over, ECHOage sends half of the money collected to the host so that you can buy ONE GIFT for your child and the other half is sent directly to the charity that you and your child have chosen (you receive an official tax receipt).
4. Thank you's are e-mailed!

I have used the service myself and I thought it was a great idea and experience – the online invitations are cute, the tracking / RSVP system is great, reminders for the upcoming party are sent, gentle reminders are sent to those who have not RSVP'd, thank-you's are e-mailed and the donation and birthday funds are mailed automatically. All I had to do was have a list of e-mail addresses for the birthday guests and 15 minutes of my time to set it all up!

Some of the other benefits that I found:

1. **Saving trees:** online invitations are used instead of paper ones. Gifts are online so no packaging and wrapping paper is required.
2. **Saving gas:** no driving to the store to buy a gift. And, the birthday host does not have to return unwanted or duplicate gifts!
3. **Less waste to the landfill:** less packaging and less wrapping paper (if any) to dispose of.

M.O.M.S. the word

GREEN MATTERS, con't



4. **Hassel-free for guests:** saves time and aggravation – no panicked visits to Mastermind for a gift, no cards, tape and wrapping paper to shop for...It's the stress-free way to give a gift. You RSVP and show up on the day of the party!
5. **Storage-space saved:** you don't have to find a home for 10-15 new toys in your already cramped closets!
6. **A more meaningful gift:** with the online gift donations, a bigger and more meaningful gift can be purchased for the birthday child.
7. And best of all, it **teaches the act of giving.**

The only problem that I had with the service was that I was a little uncomfortable asking birthday guests to contribute funds online and attribute a "dollar" value to a gift. In my mind, with all the other benefits and the fact that the overall gift would be more meaningful, I hoped that parents would agree.

Although I highly recommend ECHOage, not everyone will choose this route. So, how do you have a birthday party that is more "green"? Below are a few pointers and ideas:

1. **Invitations:** Save the paper and invite your guests virtually. Two sites that have free, stylish invitations and online RSVP tracking are www.pingg.com and www.evite.com.
2. **Tableware:** use reusable dishes, utensils, tablecloths and napkins, all of which can be washed instead of being tossed. If you don't want to risk breaking your own plates and glasses, use unbreakable dishwasher-proof tableware, like *Preserve*, made from recycled yogurt cups and available at retailers like Home Depot and Wal-Mart. If you **MUST** use disposables, then go for supplies that are made from recycled materials and are biodegradable, like bamboo, corn and potato starch. Also:
 - Make it easy to recycle items by setting out recycle bins for guests and encourage kids to use them for any plastic, aluminum or glass waste you might have.
3. **Decorations:** once again the key word is reuse. Instead of overdoing it with expensive one-use balloons and banners, try buying or making special decorations that can be used for years to come. Examples include felt birthday banners and hats, Chinese lanterns, paper garlands – all are great ways to get your kids to create the décor for their own party. You could even make it one of the party activities and include the guests. A great site for eco-friendly party decorations is greenplanetparties.com.

M.O.M.S. the word

GREEN MATTERS, con't



- 4. Gift Wrapping:** choose reusable gift bags, recycled paper or wrapping made from recycled and tree-free materials. Or better yet, ask on your invitations that gifts be wrapped in newspaper or fabric.
- 5. Presents:** try to limit the amount of plastic that you buy and buy toys that use little packaging. Books, charities, an “experience gift” (ticket to a show or pass at the museum or zoo), local gifts and gifts that are energy efficient or battery-free are great options.
- 6. Loot bags** - before running to the dollar store to fill a plastic bag with more cheap, plastic loot, consider giving a more meaningful gift. If the kids are making a craft at the party, consider that as the loot (i.e. if you tie-dye t-shirts, the t-shirt is the present), burn a CD with your child’s favourite music, books, a potted plant, a gift certificate to Baskin Robbins, home-made goodies, etc.

I realize that planning a party takes a lot of time and work. We live in a world with a lot of stress, activities and a high propensity towards disposable items. It takes time to think about how do things with a “greener” attitude. The purpose of this article is to encourage parents to take a moment and think about ways to enjoy celebrating the happy occasions in our lives while making a lighter footprint on our environment (not to make parents feel bad because parents aren’t burning CD’s with their kids favorite songs). In the end, it will save your pocket book, it will save our planet and it will save the sanity of many parents.

Audrey
Green Matters Co-ordinator



M.O.M.S. the word

Things of note...

North Toronto Moms Group Donated to Haiti.

Thanks to the fundraising efforts of our Helping Hands exec and the generous donations of our members, we were able to donate \$2000 to Haiti relief efforts.

Congratulations Moms!!



M.O.M.S. the word

Things to do...

great kids stuff sale

The Great Kids Stuff Sale has been hosted by the [North Toronto MOMS Group](#) since 1995 as a fundraiser and service to the community. Now in its 14th year, this semiannual event is larger and more popular than ever.

~ 24th Semi-Annual Great Kids Stuff Sale ~

17 April 2010

9:00am - 1:00pm

(new extended hours!!)

St. Leonard's Anglican Church

25 Wanless Ave (just north of Lawrence, east of Yonge)

~CASH ONLY~

High quality items for newborns up to 6 years old

Clothes, Cribs, Strollers, Toys and More!! Thousands of brand name, gently used baby and kids' items at great prices!

Help reduce waste by **bringing your own**, very large, reusable **shopping bag** - you will need it!

Interested in selling your kids stuff?

Please go to www.northtorontomoms.com for more information.

Clear out the stuff you no longer need, turn it into cash!

If you wish to be added to our email list, please send an email to: info@greatkidsstuffsale.com