

Happy Birthday!

- Tiffany Loutsis - Feb 04
- Stacey VanderKerkhof - Feb 10
- Kim Williams - Feb 10
- Melissa Cornwell - Feb 18
- Darla Rydman - Feb 21

*The Daddy Daughter Winter Ball has been re-scheduled due to the snow. Get your tickets at www.nsb.org

The event will be Friday, March 9th from 7:00-9:00pm at Northshore Baptist Church

MOPS Schedule: Speakers, Crafts, Snack/Clean-up, & MOPPETS

- February 17th Meeting (location change: Old student center, room 141)**
 Speaker/Topic: Doreen Minton, Discipline
 Craft: Accessories Swap
 Snack/Clean-up Tables: Purple, Blue, Pink
 MOPPETS: Anna Chadwick, Barbara Feik, Czabrina Harvey, Tina Storms
- March 2nd Meeting**
 Speaker/Topic: Lora Lindberg, Thrifty Décor
 Craft: Stencil Tote
 Snack/Clean-up Tables: Red, Green, Yellow
 MOPPETS: Kelli Hall, Aimee Wilkins, Melanie Wall, Stacy Yuchasz, Lana Starr, Beryl Moon
- March 23rd Meeting**
 Speaker/Topic: Julie Zager, Quality Time
 Craft: T-shirt Scarf
 Snack/Clean-up Tables: Orange, Purple, Blue
 MOPPETS: Jasmine Smith, Akiko Smith, Priscilla O'Brien, Melissa Kornilov, Kaie Close, Julie Welch

ISSUE

06

Feb 2012

Everyday Solutions

- Check out and print this super cool toddler chore chart.



<http://www.dandee-designs.com/2011/08/modern-toddler-chore-chart.html>

- Free printable potty training charts at:

<http://www.freeprintablebehaviorcharts.com/toilettrainingcharts.htm>

- Evergreen hospital parent baby class. Free for 0-3 month old class. Get access to resources, professional advice, and meet other mommies at the same stage of life.

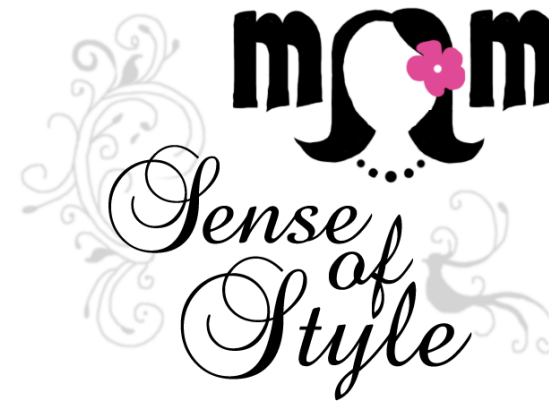
Call 425-899-3000

- Need to get out and get some exercise with baby? Try Stroller Striders

<http://www.meetup.com/Redmond-Kirkland-Stroller-Strides-and-Luna-Moms-Club/>

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Finding a Solution by Amanda Swann

As a mom sometimes I feel like I'm constantly pulling my hair out trying to keep my son busy. In my former life (that is life before my name became mom), I was a woman of many hats. Most of my hats involved solving various problems for other people, whether it is determining if a candidate would be a good fit for our company, figuring out how to juggle our CEOs schedule to allow an extra meeting on his calendar, or making sure I had a computer ordered for my new employee starting in two days. As a mom, sometimes I struggle with feeling like I don't exercise my brain anymore, but the reality is, I have to constantly stay one step ahead of my persistent, curious, 20 month old boy. I have to figure out what things will need to be fixed or solved for him throughout his day - before he goes into freak out mode. Solving problems as a mom can look very different than it looked in business, but I think we use the same tactics. First, gather data, then begin processing that data, next create a strategy, and finally act. When Jacob is playing with his tool set and is getting frustrated, I must stop and look around at what is causing his frustration, then I need to figure out how I can help him either redirect his attention or just fix the problem.

MOPS Newsletter Reflections

Power, Love, and Self-discipline

Helping you embrace your mothering instincts and develop your own parenting style.



Amanda Swann,
MOPS Co-Coordinator/Moppets

I can attempt to remove the problem, such as unscrewing the screw that he put in and can't get back out. If this doesn't work I then have to figure out if there is an outlying problem, such as needing a nap or do we need to play with something else, which can sometimes be difficult when he is very one-minded. When thinking about what it means to problem solve, I realized it must mean there is something difficult or perplexing to deal with. And if you are going to solve the problem, it means you must come up with a solution that will work for that problem. For me, there are many problems throughout my life, but I am so thankful that God is my ultimate solution, and I can rely on Him to help me find solutions to every problem in my life regardless of how unimportant it may seem.

MOPS Volunteers

2012

Steering Team	Discussion Group Leaders	Table Mentors
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Better Moms Make A Better World



Northshore Baptist Church
www.nsb.org

Dinner Solved: Grilled Pizza



Ingredients:

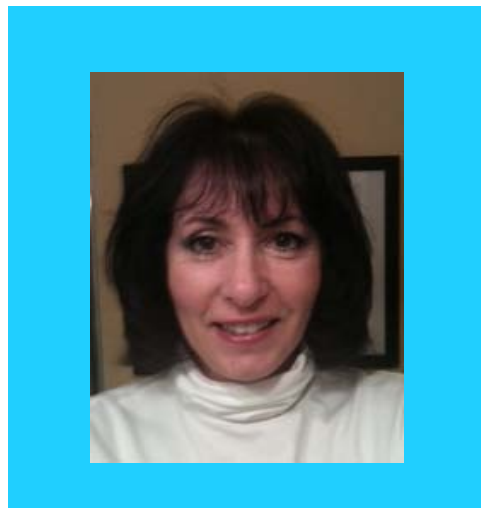
3 1/2 cups all-purpose flour
2 1/4 tsp active dry yeast
1 Tablespoon sugar
1 1/2 tsp salt
1 1/3 cups very warm water (105 to 115 degrees F)
1/3 cups olive oil
Additional flour for rolling
Additional oil for grilling
Pizza sauce
Shredded mozzarella cheese
Desired toppings (be creative or use what's on hand)

Directions:

-Start charcoal fire or preheat gas grill to medium-high heat.
- Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended. Gradually add enough flour to make a soft dough. Dough should form a ball and will be slightly sticky.
-Knead dough on a floured surface, adding additional flour if necessary until smooth and elastic, but not sticky. Divide dough into 8 portions. Pat or roll dough on a well-floured counter to about 8-inch circles.
-Brush both sides of crust with additional oil. Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, remove crust from grill to a baking sheet.
-Lightly add sauce and top the grilled side of each pizza crust. Carefully slide each pizza back onto the grill. Cook an additional 4 to 5 minutes until bottom of crust is browned and cheese is melted. Remove from grill and enjoy.

www.allrecipes.com

Mentor Moment:



A little Perspective by Debbie Roscoe

Our four-year-old daughter was stung by bees. From then on she refused to go outside in the heat of summer. After prayer and thought I came up with a solution: "Bee Away." A wonderful new product designed to keep bees away.

Consisting of a baby food jar and flour, simply shake the jar to activate the ingredients and sprinkle on child's head. Problem solved.

I tend to approach problems from a denial point of view. If I don't have to know, I don't want to know. Consequently, I view problem solving as a matter of perspective, so it looks better.

Textbooks instruct problem-solvers to: Identify Problem, Define Problem, Form a Strategy, Organize Information, Allocate Resources, Monitor Progress and Evaluate Results. A great game plan, but realistically, who has the time?

Perspective, on the other hand, gives one an opportunity to 'view the scenery' of a problem in order to find a solution. Here is a true-blue plan:

Perspective #1

Fall on your knees before God and cry out to Him. God is faithful. The Lord gives insight, wisdom and His perspective, such as "does it count for eternity?" God loves a humble heart, one who seeks Him, who depends on Him. He hears the cry of a mother's heart for her family.

Perspective #2

Tell yourself the truth. Some situations you can control and some you cannot. Consider what is truly happening within a problem. What is my attitude? What is their attitude? Am I too harsh or have too high of expectations for my children, husband, or friends and family? Be realistic. Unrealistic expectations cause stress. Also, when the problem is not of our making, praying and telling ourselves the truth is the offensive line for solutions.

Perspective #3

Slow down. A hurried life makes any life appear more stressful, where problems become magnified. There is a book called The Hurried Child. The title says it all. We could continue and write books called, The Hurried Home, The Hurried Mother, The Hurried Parents, The Hurried Teenager. A twenty-first century mom is a busy mom. Give yourself time if you need to be somewhere. Try not to rush everyone to and fro. Give yourself time to think. Have a cup of tea, pray, tell yourself the truth, rest and think. Many problems work themselves out when we give ourselves time to contemplate and gain perspective.

Spotlight Interview:

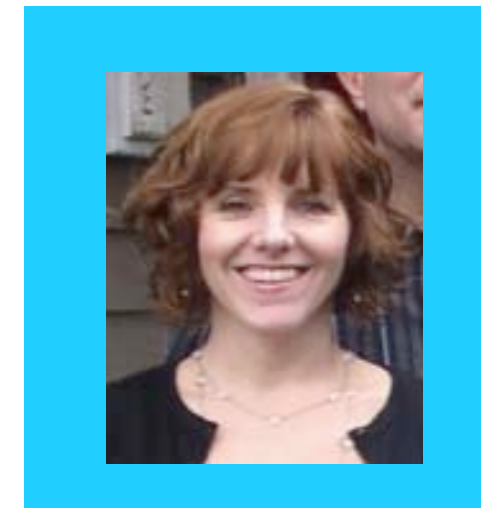
Linda Parisi Mentors

Robyn Buehler: What would you say is your problem-solving style?

Linda Parisi: I'm definitely an "ask questions first" kind of gal, especially when it's solving a problem with my boys. Now that they are older they have actually learned to ask the questions and solve their own problems, most of the time.

Robyn: That is awesome. It gives me hope for the future! Have you ever faced a parenting problem that you thought would be huge, but turned out to be simple?

Linda: Yes. After my son Andrew turned four he started having these terrible tantrums. They were like a light switch turned them on. He was having around 20 or more a day and they were so bad that he would grab whatever he could lift and throw it. After about a week of this we took him to see our pediatrician for his yearly checkup. The pediatrician told me that first I needed to choose my battles. Then he told me to pick him up and take him to a soft place like the bed, and just hold him tight and not to talk or try to reason with him. I did this for about a week, and they stopped, just as if someone turned off a switch!



Robyn: Wow, that is incredible. Do you have any words of wisdom for mommies that may be dealing with other problems that might be bigger than they can solve?

Linda: First of all, pray for your children daily. Pray with them and pray for them. We pray over our boys in the morning before they go to school and then we pray as a family each night before we go to bed. This way we are starting and ending the day giving thanks and praising God for the blessings that he gives us. We also ask for protection and that the boys will use the gifts that God has given them. We can't solve every problem, but we can be reassured that God can help us handle everything!

Accessories Swap

Let's get ready for the February 17th Meeting!

Out with the old and in with the 'new'. For our craft on February 17th we will have an accessories swap. Clean out your drawers and closets and bring in items that you don't wear/use anymore. Scarves, belts, purses, hair accessories, jewelry...that broach Aunt Beatrice bought you for Christmas 8 years ago!

Here are the 'Rules':

1. Don't bring in items that you wouldn't be willing to donate anyway.
2. Be willing to leave with nothing if there isn't anything that is begging you to take it home.
3. Have fun



*Don't forget, we will be in room 141 on the 17th (the old Student Center). After you drop off your little ones go back upstairs and exit through the main doors that lead to the parking lot. Follow the sidewalk east along the building to room 141 (it will be on your left). See you there!

February Craft Corner: Valentine Pencil Toppers

What You Need:

* Scissors *Craft Foam *Pipe cleaners *Permanent markers *Pencils

What to Do:

1. Cut a 1 to 2 inch heart from craft foam. With permanent marker, print a short message on the front and the name of the giver on the back.
2. Now poke an inch of the pipe cleaner through the bottom of the heart, bend it down, and twist it back around the remaining length of pipe cleaner.
3. Coil the pipe cleaner tightly around the pencil. Then gently pull up on the heart so that part of the coil bobs freely above the pencil, with several loops anchored around the eraser end.

