



# MOTHER WIT

## CELEBRATE FEBRUARY!

National Cherry Month

Black History Month

Random Acts of Kindness Week 2/14-20

Friendship Week 2/21-27

Be an Encourager Day 2/1

American Heart Association's

National Wear Red Day 2/5

Pay a Compliment Day 2/6

Turn off TV Day 2/14

Valentine's Day 2/14

**You are special!**

### ***DIFFERENT, BUT WONDERFUL***

Have you had the conversation with your children about the fact that everybody is different, but that there is something great about each one of us? There may be other kids in their classrooms, or even friends that they have who may be a little smarter in math, be a better athlete, have a certain musical talent, or may even be a little more "popular" than they are. We have no problem explaining to our children how wonderful they are as we point out the qualities, talents and abilities that they possess.

Have you had the same conversation with yourself? As Mom's we tend to put so much pressure on ourselves trying to be "SUPER MOM".

We want to come up with all of the witty ideas during the playgroups, be the best soccer Mom as we shuttle our kids from one activity to another, cook fun foods for dinner, maintain an immaculate home and dress like we just stepped out of a fashion magazine. I know that there are things that I do well as a mother and some things that I definitely need to work on. I'm not perfect...

I'm **DIFFERENT, BUT WONDERFUL** and so are you!!!!

### **It's 2010- Get "Cute to Yourself"**

#### Top New Year Style & Beauty Tips

- A great handbag will go a long way to boosting your style this year. Think of this as an investment and give yourself permission to pursue a designer bag!
- A fabulous pair of knee-high, mid-heel boots will take you from winter through spring and right into early summer. Classic equestrian or riding boots in black, dark brown or deep burgundy are ideal.
- A great pair of designer jeans is another investment, so choose the brand that flatters your figure best. Go to the mall, try on all the best designer jeans, then go online and search out the best deals. You'll be an instant convert!
- Relastin Ultra Emollient Zinc-Complex Cream (best all-in-one beauty product) hydrates your skin as well as provides anti-aging effects. It's never too late! Even though the holidays are over, you can still snap up the Tarte limited edition holiday gift set (Sephora or tarte.com), which contains everything you need to stay beautiful all day long!

Submitted by Carla Laney  
www.shesheme.com

## In the Spotlight

**Full Name:** Felicia V. K.  
**Current Residence:** Illinois  
**Family Includes:** A loving and supportive husband and two wonderful gifts from God (kids) and a 1 1/2 yr old Yorkshire Terrier  
**Birthday:** November 26th  
**Favorite Color:** Lilac  
**Favorite Room In Your House:** Family Room  
**Favorite Dessert:** My Aunt Secdonia's Homemade Sweet Potato Pie  
**Favorite Breakfast Food:** Biscuits and gravy (I know, I know, not very healthy, but it is my favorite breakfast food)  
**Favorite Childhood Cartoon Character:** Popeye the Sailor  
**Would you rather browse through- A bookstore, home improvement store, clothing store or an arts and craft store:** Clothing Store  
**Given the opportunity which would you rather play with-Rock Band or an Orchestra:** An orchestra  
**Last Good Movie you Saw:** The Blind Side  
**What foreign country would you like to visit:** Haiti  
**Favorite time of the day:** Morning  
**Would you rather laugh or make others laugh:** Make others laugh  
**Room With A View-If you had your wish what view would you like to see outside your living room window:** The ocean  
**Favorite Season:** Fall  
**Your idea of a dream job:** To be responsible for launching a role model initiative throughout the U.S. that outlined the challenges facing black boys and young men, who are less likely to do well at school, more likely to be unemployed and much more likely to become involved in the criminal justice system.

# JAZZ

Climb out of the doldrums and jazz things up! Jazz up your personal style. Be brighter, be bolder, bedeck yourself with skirts that swing, with suits that shimmer, with shoes that shine. Jazz up your home. String lights up around your doorways. Burn candles. Burn the midnight oil while you listen to all-time jazz greats. Jazz up the way you think about things. Spend more time in conversation, less time comatose in front of the television. Read jazzier zines; hit jazzier websites. Jazz up your cooking with peppers that sting, spices that zing and sauces that sing. If your nights are drab, jazz 'em up. If you're too jazzed, cool it down. Make it mellow, make it swing, make it anything and everything.

Just be sure to make it **JAZZ!**

365 Words of Well-Being for Women  
 by Rachel Snyder

God has a purpose for every step of your path-and He is leading you toward a brighter future.



### February is American Heart Month !!



Take a big step towards a better life. In just a few minutes, with My Life Check, you can assess the state of your heart and learn about the 7 simple steps you can take to start living your best life:

- ♥ Get Active
- ♥ Eat Better
- ♥ Lose Weight
- ♥ Stop Smoking
- ♥ Control Cholesterol
- ♥ Manage Blood Pressure
- ♥ Reduce Blood Sugar

<http://mylifecheck.heart.org/>



Two kids went into their parents' bathroom and noticed the scale in the corner.

"Whatever you do," said one youngster to the other, "don't step on it!"

"Why not?" asked the sibling.

"Because every time Mom does, she lets out an awful loud scream!"

## Kid's Corner



## Golden Moments in Your Child's Day

Ronald Hutchcraft

1. **The Wake-Up:** It is important for a child to have some parent-love in the first conscious moment of his/her day.
2. **The Send-Off:** Horses, Olympians, and children run a good race when they get off to good start. As often as possible, you should be there for breakfast and for your child's departure to school.
3. **The Reception:** If you want to get a real reading on how the "game" went, you have to be there when the "player" comes off the field. Your presence when your child comes in the door says "I love you." Your responsibility at the reception is mostly to hug, to listen without judgment, to notice your child is home, and to be available.
4. **The Debriefing :** This may come right after the reception. Kids need to debrief their day-not to be interrogated but to report, celebrate, evaluate or explode. Again your role is to listen. Your undivided attention communicates that you care.
5. **The Happy Ending :** If "all's well that ends well," it's good for a parent to be there at the end of the day. It's a time for an "I love you," and "I'm sorry," or a "thank you". It puts a period on the end of the day.

## Minding Her Business

*A look at Moms who run their own businesses.*

Introducing **Kimberely Clayton Blaine, MA, MFT**



**MW:** Explain what [www.TheGoToMom.TV](http://www.TheGoToMom.TV) is, when it was started and the goal that you had in mind when you started it.

**Kimberely:** [www.TheGoToMom.TV](http://www.TheGoToMom.TV) is a multi-media haven for parents. It was started in December 2006. It's a web show, Blog, Vlog and Radio show -- The web show is a dynamic "How to" show for families with young children (newborn to 7). The "Go-To Mom" videos address parenting issues, discipline strategies, emotion coaching and much more! I also have an amazing 'circle of moms' who are social media experts, so you'll see a lot of content on my site about mom bloggers, mom entrepreneurs etc...

**MW:** What has been one of the challenging aspects of having your own business?

**Kimberely:** Being a solo-preneur is hard. I have a web tech and cameraman, so the rest of my business is all run by me. If and when I do get bigger, I'd love to have support staff to lighten the burden. However, there are far more 'Up' sides to owning a business than 'Down' sides. I love that I'm able to use my creative energy and time as I see fit. Working for others, that's not always the case.

**MW:** How do you market your business?

**Kimberely:** All marketing is online. I'm constantly networking, emailing and submitting articles to websites. Once I secure a relationship with a company to sponsor one of my shows, then we have a phone conference, and sign contracts. I have to market my business at least 3 hours per day or it will sink. Social media networks have really helped. Twitter, Facebook and writing for other people's websites has raised the brand out there. I'm so pleased with how things have gone so far.

**MW:** One piece of advice you can provide for a Mom who may be considering starting her own business.

**Kimberely:** Do a lot of research and interview as many people as possible who are doing what you'd like to do. Oh, and read my book, "The Internet Mommy." It's got over 30 stories of how women have started their own online business - and it's very inspirational! [www.TheInternetMommy.com](http://www.TheInternetMommy.com)



Mothers have as powerful an influence over the welfare of future generations as all other causes combined.

John Abbott

## February's To Do List

- ◆ Smile at the person in the mirror
- ◆ Take time for tea
- ◆ Memorize inspiring words
- ◆ Remember the good times
- ◆ Praise God in every situation
- ◆ Create your own fun