



I hope my children look back on their childhood and giggle.
I hope they look back on their childhood and smile because of the memories we have made.

Happy New Year.....again!

We are now 4 months into the year 2011. Do you know where your list of 2011 goals, resolutions, "gonna do" lists are? Personally, I'm glad that I still have 8 months left in the year to accomplish the things I had written down. I am proud to say I have made some minor steps in the way of progress.... Yay!!!

How are you doing with your goals for the year? If you haven't quite made the progress you wanted, don't worry because to me April is the beginning of spring and for me the year starts over with the change of each new season. So HAPPY NEW YEAR!!!!!!

It's time again for new beginnings, so review that list that you put together in January and celebrate the things you have accomplished and push forward on the things you have yet to tackle.

If you are still facing challenges meeting your goals, try one of these ideas that will hopefully set you on the road to success:

1. Enlist the help of a friend or family member who can hold you accountable.

2. Journal every day about your goals and the progress you are making towards achieving them.
3. It is said that it takes 21 days to create /form a new habit. So, for example, if you are trying to be more consistent in exercising, grab a calendar and mark every day that you exercise. Once you reach the 21st day, hopefully you will be in the habit of exercising. If you miss a day, you have to start over.



Remember, another New Year starts in July..... Don't forget, God has already prepared an extraordinary life in advance for you and I to start on today.

Celebrate April

- National Garden Month
- National Kite Month
- National Volunteer Week 4/10-4/16
- Screen-Free Week 4/18-4/24
- International Moment of Laughter Day 4/14
- National Stress Awareness Day 4/16
- Earth Day 4/22
- Easter Sunday 4/24
- Spring Cleaning Day 4/24

WHAT KIDS ARE THINKIN...

How can a stranger tell if two people are married?

"You might have to guess, based on whether they seem to be yelling at the same kids."

Derrick, age 8

What do most people do on a date?

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date."

Martin, age 10



To accomplish great things,
we must not only act, but we
must also dream; we must
not only plan, but we must
also believe. Antole France

Believe you can and you're
halfway there.

Compliment

Compliment other women so they can know how magnificent they are. *Say You look lovely today. You have a nice quiet energy about you. You are an inspiration.* Compliment a woman on the way she conducted herself in the meeting. *Say I like the way you pressed for an answer without being pushy.* Compliment her on her children. *Your son is a wonderful young man. I enjoy talking with him.* Compliment her on the way she cracked the tension with a humorous remark, on the way her eyes shine, on the smooth and easy way she moves. Compliment her on her strength *and* her vulnerability; her tenacity *and* her willingness to let go; her personal power *and* her humility. Compliment her very way of being exactly who she is, and know that she's a reflection of exactly who you are too.

365 Words of Well-Being for Women
Rachel Snyder

In the Spotlight

Name: Bradi Nathan

Birthdate: February 8th (just turned the big 4-0!)

Current Residence: New Jersey

Family Includes: Two awesome kids: Jack-10 and Drew-7

Favorite Color: Favorite color combo... Purple Hues and Grey and Blues and Grey/Silver

Favorite Dessert: Fruit... really!

Favorite Store: At this moment... Lulu Lemon!

Favorite Take-Out Food: Chinese, of course

Favorite Magazine: House Beautiful and People

Name one thing you are really good at: Writing and bringing moms together. :)

One piece of technology that you can't do without: My blackberry or crackberry as some call it.

What one thing is guaranteed to bring a smile to your face: My family for sure

Are you a night owl or an early bird: Night owl

Favorite childhood cartoon: Jetsons! Loved the advanced technology... still do!

Where is your favorite place to sit in your home: Snuggled up in bed with the family watching a movie.

If you had to choose, which would you rather produce: a reality show, a comedy, a drama, a news show: A reality show based on Butterfly chronicling the lives of working moms to empower others!

Choose one: Picnic in the park or dinner at a fancy restaurant: Fancy restaurant- love to feel like an adult after taking mom hat off.

What is your all-time favorite movie: I loved "It's Complicated" with Alex Baldwin and Meryl Streep and I do confess, I loved The Hangover for comic relief!!

What is your favorite outdoor activity: Running and biking with the kids

Favorite flower: Peonies

What is one thing that you do to relax: Get a massage!

“Screen Free Week (formerly TV-Turnoff) is an annual celebration that encourages children, families, communities and schools to turn off their screens and turn on life.”

www.commercialfreechildhood.org

Did you know:

- The more time preschool children spend with screens, the less time they spend in creative play.
- On average preschool children spend 32 hours a week with screen media.
- Including multi-tasking, children ages 8-18 spend an average of 4 ½ hours a day watching television, 1 ½ hours using computers and more than an hour playing video games.
- Time spent with screens is associated with childhood obesity, sleep disturbances and attention span issues.
- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watch television: 1,680

What you can do with your children during Screen Free Week:

- Learn to play a musical instrument.
- Attend a community concert.
- Put together a puzzle.
- Attend library activities.
- Organize a block clean up.
- Find out about your area’s community center of park activities.
- Volunteer for a community organization or charity.
- Go bird watching.
- Plant a flower, vegetable or herb garden.
- Read magazines or newspapers.
- Start a community exercise group that power walks, runs or bikes.
- Start a kids bowling league.

Caught Up in the Web



- **Prayables**
<http://prayables.com> Prayables is a free online prayer community that offers women short prayers that reflect a woman's story. They are relevant to our times and honor all faith perspectives. Prayables gives you a way to bring more meaning to your life and a space to simply take time for you.
- **The Little Pink Book**
<http://littlepinkbook.com> Called "the No. 1 online resource for America's working women," PINK and the daily e-Note Little PINK Book (think Daily Candy for professional women) provide career and life-enhancing tools, tactics and strategies to help women find greater success at work and more joy in life.
- **Down to Earth Finance**
<http://downtoearthfinance.com> Gaila Gichon offers individual sessions and seminars to address personal financial needs and concerns.



Matt’s English teacher was a perfectionist and demanded the very best of his students. So the teacher’s reaction wasn’t surprising when Matt handed in a poor paper.

“This is the worst essay I’ve ever read,” ranted the teacher. “There are so many mistakes that I stopped counting them. I can’t understand how one person could have made all of them.”

“One person didn’t,” said Matt defensively. “My father helped me.”

So, How Well Do You Know Your Child?

Take a few minutes to see if you can answer these questions about your child/children. See how many you get right.

1. What is his/her favorite television show?
2. What extra-curricular activity does your child most enjoy?
3. If you could buy your child anything in the world, what would be his/her first choice?
4. Who is your child's favorite teacher?
5. Does your child feel liked by the children at school?
6. What would your child like to be when he/she grows up?
7. Who is your child's best friend?
8. What is your child's favorite color?
9. Does your child have a favorite subject in school, if so what is it?



There are only two lasting bequests we can give to children. One is roots; the other wings

Kid's Corner



I'm thinking about you today and wishing you a day filled with delight!

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Feel free to share the newsletters with your friends, family, co-workers.

Send their e-mail addresses so that they will get a chance to be "In the Spotlight".

To Do List-April 2011



- Dare to crack a smile-on the street, in the elevator, in the grocery store
- Take a vacation from your problems.
- Learn something new.
- Toss the TV for a month. (OKAY TRY IT FOR A WEEK)
- Give another Mom a break for an evening
- Make the first Friday of each month FAMILY FUN NIGHT- watch movies, do face painting, play UNO, Scrabble, or even the game Twister.
- Share a milk shake or banana split with your husband.

Dear Lord,

So far today, I'm doing all right. I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, nagged, cursed, or eaten any chocolate. I have not charged on my credit card. However, I am going to get out of bed in a few minutes, and I will need a lot more help after that.

Amen