

Mother Wit

September 2010

Dedicated to *Mothers* who use reasoning power, intelligence, mental soundness, resourcefulness, ingenuity and quickness to help them navigate through motherhood.

Having a Bad Minute, Hour, Day?



A mother's voice has the ability to calm cries, nerves and especially hearts.

I must admit to having a bad day every now and then. Some days I can't quite put my finger on why and some days I know exactly why it's just not a good day for me. However, I am blessed to have my Mom. She is this amazing woman who has been gifted with the ability to see the sunshine, no matter how dreary things are. I've often called her not necessarily feeling my best and by the time I get off the phone, I have a totally different attitude, outlook on things. I keep telling her that when I "grow up" I'm going to be just like her (smile).

I will confess that usually when I'm having a bad day, it's because I've been focusing on myself and what I want or need or what things aren't going the way I think that they should.

Do you have that same experience or is it just me? Lately, I've been trying to consciously take the focus off of myself and focus on others. I just finished reading a book by John C. Maxwell entitled **Encouragement Changes Everything**. Mr. Maxwell says that encouragement "changes lives and renews our hope." What I found particularly inspiring was his statement, "As you make efforts to bless others, may you in turn be doubly blessed."

Are you having a bad minute, hour, day? Pause for a minute to see how you can make somebody's bad day better!!!

Celebrate September!!!!

- Better Breakfast Month
- National School Success Month
- Children's Good Manners Month
- National Women's Friendship Month
- National Flower Week (9/12-9/18)
- Party Party Day (9/9)
- Grandparents Day (9/12)
- National Family Day (9/22)
- National Good Neighbor Day (9/26)

Celebrate National Women's Friendship Month



- Is there a sweeter sound than good friends laughing together?
- God gives the blessing of friendship and laughter; they're both good for the soul.
- We all need lunch breaks with our girlfriends. It's like inserting a "spirit-lifter" in the middle of the day.
- Laughter + Girlfriends = Pure Joy
- Girlfriends have a way of bringing a smile to our face on the bluest of days.

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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".

In The Spotlight:

Name: Felicia

Family includes: Husband, Son-13, Daughter-8

Birthdate: February 28

Lives in: Willow Spring, North Carolina

Favorite color: Brown

Favorite breakfast food: Scrambled eggs and sausage

Favorite ice cream flavor: Chocolate

Favorite television show: TrueBlood

Favorite summertime activity: A day at the lake

Favorite holiday: Christmas

Favorite store to browse in: Target

Name one thing you are really good at doing:
Organization

Would you prefer to spend the day at an amusement park or the zoo: Amusement park

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

Would you rather roller skate or ice skate: Roller skate

Would you rather write a bestseller or be a cover model for a national magazine: Write a bestseller

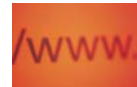
Would you rather watch a comedy or a drama on television: Drama

Emerge

Come out of the shadows and come into your own. Leave behind your armor and your shells and your veils and your protection and emerge fresh and newly born. Today, step from behind your screens and masks. Peel away the layers upon layers of fear and emerge into a world of love and trust. Emerge in your own time, in your own way, with your chosen guides at your side. See the world through the eyes of the woman you were always destined to be. Like a tiny chick cracking her way out of a darkened egg, emerge. Like a radiant butterfly, like a glorious rose opening from a tightly closed bud, emerge. Out of your past and into the gift that is your present, emerge. When it's time, when you're ready, emerge.

365 Words of Well-Being for Women - Rachel Snyder

Caught Up In the Web



- **5 Minutes for Mom**
www.5minutesformom.com/ The founders of 5 Minutes for Mom are identical twins Janice and Susan. Their mission is to provide an essential, go-to site for moms that entertains and informs, while promoting the online mom community.
- **Bizy moms**
www.bizymoms.com/index.html The premier work-at-home community on the Internet. More than 5 million visitors come to Bizymoms every year to find help and advice.
- **LearnVestDaily**
www.learnvest.com/ The mission is to provide unbiased financial information to all women so that they can make *the best financial decisions possible*.
- **Swap Mamas**
<http://www.swapmamas.com/> De-clutter your home, save money and swap items you no longer use for things you need. **Swap Mamas** is an online community of moms who want to connect, help one another, and use social networking to make a difference.

Magnificent Moms

Elana Perry is a contributing author in the newly released book called: *Speaking Your Truth-Courageous Stories from Inspiring Women*. For more information visit www.speakingyourtruthbook.com
Congratulations Elana!!

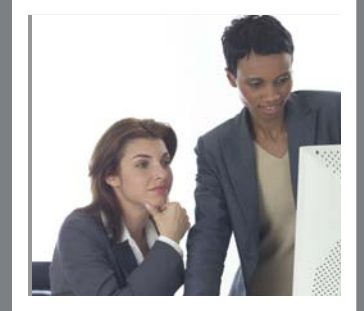
Audrey Williams-Lee is one of 11 Moms featured on the Working Mother's website *Secrets of Power Women: Toughest Lesson They've Ever Loved*
<http://www.workingmother.com/BestCompanies/diversity-and-inclusion/2010/05/secrets-of-powerful-women?page=0%2C6>
Way to go Audrey!

Kimberly Clayton-Blaine just released her new book *The Go-To- Mom's Parent Guide to Emotional Coaching Young Children*
For more information visit www.thegotomom.com/ .
Well done, Kimberly!

A mother received a phone message from her son's school to pick him up at the principal's office. When the mother arrived, the principal was startled to see her wearing pajamas and with curlers in her hair.
"Why are you dressed like that?" the principal asked.
"I told my son that if he ever did anything to embarrass me, I would embarrass him back," she said. "So I've come to spend the day with him."



Minding Her Business



A look at Moms who run their own businesses.
Introducing Zoe Mohler-Three Sisters Jewelry Design

www.threesistersjewelrydesign.com/

MW: Why did you choose the business Three Sisters Jewelry Design? What type of business is this? When did you start the business? Is it an online business or do you have a brick and mortar location?

ZOE: I kind of feel like the business chose me! When I was undergoing treatment for cancer in 2008 I had to move out of the house because my condition was dangerous to my three young daughters. To pass the time while I was away I learned to hand stamp jewelry and work with metal. I created "three sisters jewelry design" named after my three young daughters and also my mom who passed away from cancer. She also was one of three daughters. *Three Sisters Jewelry Design* offers unique, hand-stamped designs that can be personalized with your loved one's names and special dates. I have always loved jewelry and have been a bit crafty so it was a logical fit for me. I started making jewelry for friends, photography customers (I am also a photographer) and family and then created a website to help facilitate the orders that started to come in. Most of my business comes through my website.

MW: What do you like most about running your own business?

ZOE: I love being able to be creative. If I am not able to be creative and express myself I get a bit antsy. That's probably how some people feel about exercise. So I love being able to be creative and see that people like my designs. I also love that my pieces become important to my customers.

MW: What advice would you share with other moms who may be considering starting their own business?

ZOE: Focus on what you are passionate about and know your strengths. Owning your own business is demanding and I often feel "mother's guilt" because my business is like another child or member of the family. The balancing act is tough - but if you are passionate about what you are doing it will be easier because you know it's important not only for you, but your family. Also, if at first things don't go as planned try a different angle until it fits. Starting your own business is like putting together a puzzle.

Visit Mom's Homeroom
<http://momshomeroom.msn.com/>
for tips and tools to help you
prepare your child to
succeed in school.



ABC's, 123's

You can find many surveys, reports, articles that show when a parent is involved with their child's education/school, the child performs better academically and is emotionally healthy.... This is a new school year so your child is in a new grade, possibly a new school and will definitely have a new teacher. Hopefully the last school year was a great experience for your child, but if not here is another opportunity to start fresh.

1. Pray for your child, his/her teacher, classmates and the school administrators.
2. Be your child's personal cheerleader. Tell them each day that they are going to have a great day at school!!!!
3. E-mail or jot a quick note to the teacher introducing your child to them. Explain some of your child's talents, strengths and personality traits. Let them know that you are a partner in your child's education and that you are there to be a help.
4. Of course you should volunteer to help out in your child's classroom, but also volunteer to help out in the school office, lunch room or school library. This will help you get a sense of the school community.
5. Attend school board meetings and if you truly want to get involved run for a position on the school board.

September's To Do List

- ✓ Add a festive atmosphere to your morning meals by having a formal breakfast. Light candles, dig out the good china and eat breakfast in the dining room. Wear clean pajamas instead of tuxedos.
(Better Breakfast Month)
- ✓ Visit The Gift of Good Manners: Advice and Tips for Parents from the Emily Post Institute- www.thegiftofgoodmanners.com
(Children's Good Manners Month)
- ✓ Connect with a friend who you haven't talked to in a while.
- ✓ Make a chart listing how many fruits and vegetables each family member eats daily for a week. Your chart will graphically show if you need to cut back on chocolate and increase the blueberries.
(National 5-a-Day Week)
- ✓ Fall is in the air! Visit a pumpkin patch, go for a hayride.
- ✓ Treat yourself to a bouquet of flowers, buy an extra one and give it to a friend.
- ✓ Maintain a positive attitude, no matter what is going on in your life.



I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning. J.B. Priestley