



November - '15

NEWSLETTER

Chesapeake Moms Club

Happy November!!

Have Fun with fall! Some easy tips to have fun inside!

This is the month that will fly by and before we know it, its Christmas! This newsletter will be chock full of stress relief tips, yummy recipes, health tips, some good cocktails, crafts and fall favorites activites!

Cate



Communicates ...

Presidential Notes

I just randomly stumbled upon this video made by Similac, with the focus on how moms seem to always judge other moms. It is easy to do... I know I have been there many time before and I know most everyone has as well. It is only natural to judge, unfortunately we do it. It's crazy though. Why would we do that?! No one is perfect, ever.

This video was fabulous in representing all these different mommies and how they have chosen to raise their children, how they have chosen to dress them or stay home or become a working mom. How they decide whether to breast feed their babies, formula feed them, pump.... The list goes on.

Who are we to judge anyone?! To judge how their kid throws a tantrum or what they are giving them for a snack. This video was very moving because all these moms ended up in the same room together at the end.

And immediately upon looking at each other made judgments. By the end they were crying and holding hands once they really talked and got to know each other. It was special, it was real. We need to end mommy wars.

Mommy judgments. We need to stick together and help each other through. We all go through many things on a daily basis and make all different kinds of decisions for the same thing, but all of these challenges vary from one family to the next. All of which should be accepted and never judged. We are mommies & we all do the best we can. I love moms, for caring so much about their children & putting them first. For forgetting ourselves most of the time just to always take care of them



and provide whatever it is they need. There are bumps and pot holes in the road for all of us and we need to encourage each other along no matter what decisions or parenting choices we choose over another.

Moms are the best and we should always be each other's cheerleaders because WE all know this IS the hardest darn job in the world.

It touched me at the end to hear one woman say (and I completely agree!!!!) "There is nothing better then to hear from another Mom that you are a great mom and doing a great job!" A to the MEN! I think each and every one of you IS doing a FABULOUS job! You are all GREAT freakin' moms.... Love all you Moms so much!

THINGS TO DO



1. Get out a tall or short laundry basket and a rubber ball (dollar store has great ones!)
Shoot, kick or hit (with kitchen utensils) into basket
2. Bust out dollar store shaving cream! I use dollar store table cloths and tape them down so when they are finished just wash hands and throw away!
3. Buy an extra box of pasta, rice and/or beans. Label it as play. Give kids pots and pans and utensils and let them have at it. If your floor is already swept you just need to sweep up dry goods from floor and replace to boxes. Save for more play later!
4. Put them in for a midday play only bathtime! Add something different for play!
5. Build a fort
6. Bake!

Now here are some fun Thanksgiving style crafts you can do at home!

1. Make a turkey ! Cut out templates, let your child decorate feathers, glue eyes, draw mouth and glue all together!
2. Make a fall tree using fall colored paints and fingerprints!
3. Make a thankful tree using tree trunk template and cut out handprints. Ask what your child is thankful for and record child's responses on hands and glue on tree!
4. Make a turkey using brown and light brown circles, googly eyes, orange feet and use colorful paint to make turkeys handprint feathers!





Top Tips

Holidays are approaching and we are all feeling a little more stressed I'm sure! If we have children, which we all do, husbands and a house to keep up, we all know that overwhelming feel. And with all of these added things on our to-do list such as holiday meals, gift buying and wrapping, holiday cards and the most gruesome, keeping our children occupied inside all winter, it can all seem a little much. Courtesy of helpguide.org I found some helpful tips!

If your methods of coping with stress such as eating, drinking and/or smoking, aren't contributing to your greater emotional and physical health, it's time to find healthier ones. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Strategy #1: Get moving

Physical activity plays a key role in reducing and preventing the effects of stress, but you don't have to be an athlete or spend hours in a gym to experience the benefits. Just about any form of physical activity can help relieve stress and burn away anger, tension, and frustration. Exercise releases endorphins that boost your mood and make you feel good, and it can also serve as a valuable distraction to your daily worries. So get that gym membership, dump your kids in the daycare room and do your thing!

Strategy #2: Engage socially.

Reach out and build relationships. Social engagement is the quickest, most efficient way to rein in stress and avoid overreacting to internal or external events that you perceive as threatening. There is nothing more calming than reaching out and relating to another person. So.... Moms night out? Check!!



Strategy #3: Avoid unnecessary stress

While stress is an automatic response from your nervous system, some stressors arise at predictable times—your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, you can either change the situation or change your reaction. When deciding which option to choose in any given scenario, it's helpful to think of the four A's: avoid, alter, adapt, or accept. So learn to say no, avoid people who stress you out, and take control of your environment.

Strategy #4: Alter the situation

If you can't avoid a stressful situation, try to alter it. Often, this involves changing the way you communicate and operate in your daily life. So express your feelings, be willing to compromise and manage your time better!

Strategy #5: Adapt to the stressor

How you think can have a profound effect on your stress levels. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. Regain your sense of control by changing your expectations and attitude to stressful situations. So reframe your problems, look at the big picture and adjust your standards accordingly! So when your child spills their whole bowl of cereal and you want to lash out, think is it that big of a deal? We're not dead and maybe you shouldn't put milk in their cereal if their such a klutz! Haha!

Strategy #6: Accept the things you can't change

Many sources of stress are unavoidable. You can't prevent or change stressors, such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change. Don't try to control the uncontrollable look at the upside and learn to forgive!

Strategy #7: find time to relax!

Set aside relaxation time, do something you enjoy everyday and keep your sense of humor!



BE
THANKFUL!

Recipes



Roasted Butternut Squash and Sage Butter Pasta

I tried this last week and I was amazingly easy and absolutely delicious!!!
A fall decadence!

Courtesy of Marcella Valladolid

Ingredients

- 1 medium butternut squash, peeled and seeds removed, cut into 1/2-inch cubes
- 1 tablespoon olive oil
- Salt and freshly ground black pepper
- 1 pound spaghetti
- 8 tablespoons (1 stick) unsalted butter
- 6 cloves garlic, sliced thinly
- 1 cup loosely packed fresh sage, chopped
- 1/2 cup hazelnuts, toasted and chopped
- Grated Parmesan, for serving



Directions

Preheat the oven to 400 degrees F.

Put the butternut squash on a baking sheet, toss with the olive oil and season heavily with salt and pepper. Roast until very tender, about 30 minutes. Reserve.

Bring a large pot of salted water to a boil. Cook the spaghetti according to the package instructions.

Meanwhile, melt the butter in a saucepan over medium-low heat. Add the garlic and cook until fragrant, about 5 minutes. Add the sage and cook until crisp, about 2 minutes. Add the roasted butternut squash and hazelnuts and toss to combine.

Drain the pasta, add it to the saucepan and mix well to evenly incorporate all the ingredients. Season with salt and pepper.

Sprinkle with Parmesan and serve.

Recipes



Clean eating freedom brownies

In lieu of my clean eating spiel, I thought I'd share this clean eating brownie recipe! It's amazing! Five clean ingredients and delicious taste. The recipe call for coconut flour which when baked doesn't have the same consistency as regular flour. But luckily it's always super moist! Give it a try!

Ingredients

- 1/3 cup coconut flour
- 1/3 cup unsweetened cocoa powder
- 1/3 cup coconut oil
- 5 whole eggs
- 1/2 cup maple syrup
- 2 teaspoons pure vanilla extract, no sugar added



Directions

In a medium mixing bowl, whisk together the coconut flour and cocoa powder. Whisk in the coconut oil, eggs, maple syrup and vanilla extract. Blend well. Pour batter into a greased baking dish (mine was about 7×11), and bake at 350 F. for about 30 minutes.

Allow to cool. This is important because they tend to fall apart easily when warm, making it difficult to get them out of the pan.

Read more: <http://www.thegraciouspantry.com>
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