

August/September
2009

MOMS the Word

A publication of the MOMS Club®, Las Vegas--Summerlin North, Nevada



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It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.
~Joyce Maynard

Letter from the President

Hello everyone!

I hope you are enjoying somewhat cooler temperatures and are looking forward to the upcoming holidays. During this busy time of year, it's sometimes difficult keeping everyone in your family healthy and eating nutritious meals. So I'm very excited to have a nutritionist speak at our upcoming business meeting. She will share information on exercise, healthy eating, and the dangers of plastic water bottles. She spoke last year at one of our meetings and many members wanted her back for more.

Since we are on the subject of nutrition, I thought I'd share some information I found on picky eaters. Most of my information is from HappyFamily's Nutrition Guide.

Picky Eating 101

- 1) Many toddlers are particular about the plates they use, are bothered by their food touching, or are trying to assert their independence.
- 2) Many toddlers have a fear of new things which is why they eat the same thing over and over.
- 3) Many toddlers eating habits are affected by teething.
- 4) Many toddlers are testing their limits by refusing to eat their meal or throwing it on the floor.

The Don't's:

- 1) Don't punish your children if they don't eat something that you serve them.
- 2) Don't reward your children if they finish a food or a meal.
- 3) Don't become a short-order cook.
- 4) Avoid bribes.

The Do's:

- 1) Do offer foods that are healthy and tasty.
- 2) Do allow your children to decide how much food they want to eat (if at all).
- 3) Do make (healthy) food fun.
 - *Try cutting foods into different shapes by using cookie cutters for sandwiches, tofu slices, even chicken breasts.
 - *Find foods that are your child's favorite color--pink mashed potatoes or purple cauliflower, for example.
 - *Try to arrange the meal in the shape of a smiley face.
- 4) Have realistic expectations.
- 5) Give realistic choices at mealtime, such as broccoli or green beans.
- 6) Have a routine at mealtime. Try to offer 3 meals and 2 snacks at the table around the same time every day.
- 7) Offer a "sure thing" food with each meal, something you know your child will eat.

I hope some of the suggestions are helpful. I'm going to give some of them a shot!

~From the MOMS Club President

**MOMS Club
Business Meeting
September 10**

Mark your calendars!
Join us at the monthly
MOMS Club business
meetings to hear about
upcoming club activities
and to chat with other
members while the kids
play. Meetings begin at
10 a.m. in the Summerlin
Library Conference
Room.

*When my kids
become wild and
unruly, I use a nice,
safe playpen. When
they're finished, I
climb out.*

~Erma Bombeck



Piggybank

MOMS Club Summerlin
North bank balance as
of September 2, 2009:

**August/September
Membership
Renewals:**

Internet Resources

The internet is an endless source of information and support for parents, and we all have our favorite sites. Here are just a few:

www.childrenslibrary.org -- The International Children's Digital Library Foundation has established this website as a free digital library of children's books from around the world. The collection is both contemporary and historical, and has books written in languages from all around the globe.

www.commonensemedia.org – A not-for-profit, non-partisan website which provides reviews and ratings of various media (movies, videogames, websites, music, books, etc.) aimed at children.

www.cpsc.gov – The U.S. Consumer Product Safety Commission is a federal agency that focuses on the safety of consumer products. Sign up to receive email alerts about the latest recalls on infant and child products.

www.kididdles.com – Have you ever sung a song to your little one and stopped halfway through because you couldn't remember the lyrics? This website will help jog your memory with its database of songs organized alphabetically and by subject. You can even listen to the melodies to remember the tune.

www.parents-choice.org – Parents' Choice is America's oldest nonprofit guide to quality children's media and toys.

www.starfall.com – Starfall encourages reading and writing for pre-K to 2nd graders through a variety of games and activities.

www.storylineonline.net – Created by the Screen Actors Guild Foundation, this website features animated videos of various children's books read by SAG actors. Each story comes with a list of suggested activities and lessons.

Photography

We all love our kids' cute faces, but capturing them on film can be a challenge! Here are a few tips for photographing children:

- ❖ **Photograph the everyday:** Capture your kids during their regular routine—playing with toys, eating snacks, reading at bedtime. Posed portraits can be lovely, but those daily moments often reveal more about your child's personality than a formal portrait with a fixed grin.
- ❖ **Get down on their level:** Rather than stand and point the camera downward, crouch down to photograph kids at their level for more intimate photos with more realistic proportions.
- ❖ **Fill the frame:** Zoom in so that your child's face fills the frame. This will eliminate the visual clutter in the background and position your child as the dramatic focal point. If your child is looking at the camera, make sure that the eyes are in the sharpest focus for the greatest visual impact.
- ❖ **Make it fun:** Be goofy and funny to encourage them to relax and have fun too!

For more tips, check out www.digital-photography-school.com