



Newsletter – February



A month of family and love!

February is one of my favourite months as it is a time to reflect on love and family! Although we don't need a holiday to remind ourselves of the love we have for our partners, children, family, etc. it's always nice to have a day set aside to love only! So Happy Valentine's Day to everyone and enjoy the long Family-Day weekend!

How did the first month of 2010 go for you?

We start the New Year off with hopes and expectations, but by the end of the month it seems we have mostly forgot about all the hype of the New Year.

What did you promise yourself? Did you want to try something new? Make more time for yourself? Fit into your favourite pair of jeans? Experts say that resolutions are broken within the first week of the New Year. So don't feel bad if you've 'given up' on your promises.

Take your resolution and turn it into something you can work on all year round. If you want to make more time for yourself, start with taking one bath every week. After a few weeks, add a half hour of reading time. Continue this way until the end of the year and you'll have certainly met your goal!

The Groundhog Saw his Shadow!

The groundhog saw his shadow today and predicts that there are only 6 more weeks of winter!

New Events

Be on the look-out over the next couple of months for some workshops/seminars for Social Mamas members only! We are teaming up with some local businesses for the VIP Card as well as informative workshops. Keep checking the calendar/VIP Card List for details!

Calling New Mom Members!

We have a monthly playdate for all the NEW MOM MEMBERS! We want to meet you and your children! The third Monday of each month will have a playdate designated to new mom members. This will be your chance to meet other new members and get a sample of what Social Mamas is all about! This month our playdate will take place on Tuesday 16th, as the third Monday is Family Day ☺

We are a wonderful, supportive community of mamas and love to meet our new members and their kiddies!

Keeping the kiddies busy

Winter is always difficult to keep the little ones busy. Without being able to go outdoors, how can they let off their steam? Here are some ideas!

Play hide and seek – kids every age (even Avery at 1! He loves this game!) love to be chased or found. Make hiding spots obvious for younger ones, of course.

Make music – take out pots, pans, Tupperware, or anything unbreakable. Add a whisk, spoon and spatula and you can start a band!

Set up an obstacle course – move the furniture around, pile up pillows, cover chairs with blankets to make a tunnel. An obstacle course can keep kids busy forever as there's always something you can change or add.

Paint with food – use yogurt, sour cream, apple sauce or jam to paint a placemat. The food ideas are endless!

The 1st Annual Hamilton Baby Expo

This month we are featuring the Hamilton Baby Expo, as the day of the Expo is fast approaching!

Back in the summer, I was planning an event to promote our MamaPreneur members to the public. Karen (My Smart Hands instructor and Social Mamas member) asked if I would be willing to do a Baby Expo. Knowing it was a huge project and that neither of us could do it on our own, we decided to give it a go!

It has become bigger than either of us could have imagined! The response from the community has been massive. We sold out of exhibitor spaces weeks before the Expo, with new businesses asking to participate every single day. Obviously, this first event is going to be the first of many!

We have also been amazed at the response from all you Mamas in volunteering your time to help distribute fliers and posters, spread the words to friends, and sign up for helping us out on the big day. We absolutely could NOT do this without you. And the best part is that all the admission proceeds on the day of the Expo will be going to the Ronald McDonald House!

Make sure you check out the Expo website at www.hamiltonbabyexpo.com and sign up for our mailing list to get your 2 for 1 admission coupon. We also still have spaces in the Diaper Derby (baby crawling race!). And if you're interested in volunteering, check out the Social Mamas Forums under "Charity" and look for the Baby Expo topic. All volunteers receive complimentary admission to the Expo.

This month's contest winner will receive a family pass to the Hamilton Baby Expo!

FEBRUARY CONTEST

Everyone LOVES a contest! To the winner of our February contest we will be giving away a **Family Pass to the Hamilton Baby Expo**—our feature of the month!

Everyone who writes a blog this month will be entered into our draw. The draw will take place through www.random.org to choose a random winner.

Congratulations to Tamara who won our January contest — a basket of Epicure products and custom cards from January's featured business, Inspire Marketing!

Monthly Quote

A person's a person, no matter
how small.

— Dr. Seuss

Events to look forward to this month

MamaPreneur Meeting – February 1st
Spa Party – February 3rd
Home for Dinner Program – February 11th
Valentine's Day Party – February 12th
Potluck at Chatters – February 18th
Toy Exchange – February 25th



2273 Rymal Road, Unit # 7
(in Fortino's Plaza)
Stoney Creek, ON
905-578-3030

Remember Moms: All Social Mama members can use their VIP Card to receive \$3.00 off a haircut at Sharkey's