



Newsletter – March



Hamilton Baby Expo – just 5 days away!

With months of planning and thousands of hours of preparation, it's finally here! The Hamilton Baby Expo is THIS SATURDAY, March 6th at the Ancaster Fairgrounds! We have 60 exhibitors selling everything from baby bottles to summer toys, clothes to strollers. You'll find it all there! We also have a great line-up of speakers throughout the day, a food vendor for snacks or lunch and a TON of amazing door prizes! Remember: all admission proceeds will be donated to the Ronald McDonald House of Hamilton. Bring the family, do some shopping, go to a seminar and help a great cause!

How to develop good eating habits for your kids

We are currently at the stage where eating is becoming a huge thing for Avery, so I thought I would share some favourite tips we've found on creating good eating habits for the kiddies. If you have some you'd like to share, please tell us on the forums!

Eat as a family – eating together helps set a good example for the kids. If they see other members of the family making healthy eating choices, they will do the same!

Use eating time as teaching time – where do apples come from? What colour are carrots? How does spaghetti feel? Using meal time as learning time is an excellent way to develop happy eating habits while getting to know more about the food we eat!

Give a selection – this is my favourite tip, as Avery changes his 'favourite' food choices on a daily basis! Serving 2-4 different looking foods (textures, colours, sizes, etc) will give the child a choice in what they eat. This helps develop decision-making skills and gives them a sense of control.

Not wanting to eat? – if your child doesn't want to eat, that's okay! Forcing them to eat will result in negative feelings towards eating. Try offering food again in an hour or two.

Prepare the meal together – allow your child(ren) to help prepare your meal. Younger ones can play with pots and pans while older kids can wash fruits/veggies, tear lettuce, stir batter, etc. And how great is it to have an assistant?

Calling New Mom Members!

We have a monthly playdate for all the NEW MOM MEMBERS! We want to meet you and your children! 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 the 4th Monday of the month, March 22nd.

We are a friendly and supportive group of mamas and look forward to meeting you! ☺

The Toddlers Creed by Dr. Burton L. White

If I want it, IT'S MINE!

If I give it to you and change my mind later,

IT'S MINE!

If I can take it away from you, IT'S MINE!

If it's mine it will never belong to anybody else.

No matter what.

If we are building something together, all the pieces are mine!

If it looks just like mine, IT'S MINE!

If it breaks or needs putting away,

IT'S YOURS!

Featured Business: Teach My™

I am Christy Cook, a Toronto mom and the founder of Teach My, makers of award winning learning kits for babies and toddlers. When my son was 18 months old, I wanted our time together to be fun but also educational. I wanted to teach him the basics. I went from store to store looking for an all-in-one kit. Nothing existed, so I put together a box of flashcards, puzzles, books and teaching charts. We spent 20 minutes a day using the box that I called 'Mama's School'. My son learned the alphabet, numbers, shapes and colours so quickly I realised I had discovered a product that didn't exist in the marketplace. I went on to create the all-in-one learning kit known as Teach My Toddler. After Teach My Toddler won several awards and sales sky-rocketed, I created Teach My Baby for parents with babies 6-18 months. Teach My Baby is a 'Smart' baby shower gift. It is perfect for those who want to give something other than a blanket or an outfit that lasts 5 minutes. Here is a brief description of Teach My learning kits. For further detail, please visit www.teachmy.com

Teach My Baby is the award-winning all-in-one learning system for babies 6-18 months. The kit is divided into 4 sections; First Words, First Numbers, Self and Sound & Touch. Each section contains coordinated teaching tools that encourage natural repetition. The teaching tools are modern and multicultural. The kit has an assortment of everything necessary for fun, educational play; nesting blocks, finger puppets, books, textured & mirrored flashcards, a story board, one & two piece puzzles, all in a portable and storable carrying kit.

Teach My Toddler is the award-winning all-in-one learning system for toddlers. The toddler tote has 17 teaching tools to help toddlers master the basics; alphabet, numbers, shapes and colours. Each section is fully-coordinated with a total of 5 puzzles, 4 board books, 4 posters and 4 sets of flashcards, all in one portable & storable carrying case.

Teach My Toddler has been featured on CHCH Morning Live, CBC's Dragon's Den, The Mom Show, Parents Canada Magazine and many more. Teach My products are available at 70 specialty stores across Canada, www.teachmy.com and on-line retailers across North America.



MARCH CONTEST

Everyone LOVES a contest! To the winner of our March contest we will be giving away **Teach My Toddler learning system from Teach My™**—our featured 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 Sharlene who won our February contest – a Family Pass to the Hamilton Baby Expo on March 6th!

Monthly Quote

Being a full-time mother is one of the highest salaried jobs in my field, since the payment is pure love. ~Mildred B. Vermont

Events to look forward to this month

MamaPreneur Meeting – March 1st
Hamilton Baby Expo – March 6th
Home for Dinner Program – March 9th
Letter H playdate – March 16th
St. Patrick's Day Party – March 17th
Potluck lunch at Chatters – March 26th



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