



The Mommy Manual

Studying Success

Know Yourself: Know your capabilities, your strengths and weaknesses. Set *goals* based on this information to help you learn to the best of your ability.

Setting Goals: Set SMART goals—ie. goals that are specific, manageable, attainable, relevant to you, and in a set time-frame.

Be Organized: Keep notes together, organized and dated. It is much easier to study when you know where everything is!

Manage your Time: Time is a valuable thing as a mother, and is sometimes hard to come by especially when you are trying to study around naps and bedtimes. Make a



list of tasks that need to be done and do the most important ones first. Don't forget to take frequent breaks to keep your mind fresh.

Think Positively: You CAN do it. Set your mind to it and you will succeed.

Go to Class: Keep up with the course material. If you miss a class try to get the notes from a classmate right away. Avoid procrastination on projects and assignments. Begin early to give yourself lots of time to ask questions.

Read and Review: Avoid "cramming." Set aside time each day to read and review what you have been learning in class. This will help break down your course material into manageable pieces and make it easier to study for exams. Be aware of your peak studying times. Relax at times when you normally wouldn't concentrate.

Combat Stress: Learn the signs of stress, to help you avoid burnout. Get lots of rest, eat a healthy diet, and exercise regularly. Take time to laugh and play with your child. Take time for yourself and do something you enjoy.

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Developing a love of reading

The goal is not only to raise children who can read; it is to raise children who choose to read.

—Mary Gordon



Reading with your child is a way to encourage relaxation and closeness, and to teach them new sounds and words as you explore different worlds together. Some experts suggest that just 20 minutes of reading with your child a day will help increase their chances of success in school.

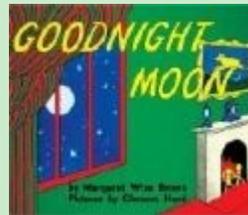
Start reading to your child when they are very young, even though they may not understand the activity. They will be introduced to simple sounds and ideas, and will enjoy the bright colors, shapes, the sound of your voice and the comfort of being close to you. Choose cloth and board books that will take the wear and tear. As your baby gets older they will explore the book through taste, touch and they will begin to point at and name familiar objects.

You can create a personalized book for your child by collecting pictures of familiar people and objects. Glue them to a piece of cardstock, and write the name underneath each picture. Go through this book with your child and describe the pictures, and ask questions. For example, "What does the puppy say?" or "Can you show me where daddy is?"

Set aside time for reading each day, and make it fun!

Visit www.library.pe.ca for more information on programs and resources available from your local library.

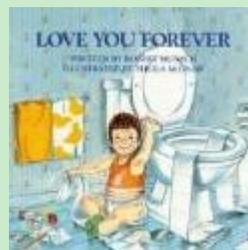
Book Recommendations:



Goodnight Moon by Margaret Wise Brown
(Harper, 1974)



The Very Hungry Little Caterpillar by Eric Carle
(Philomel Books, 1994)



Love You Forever by Robert Munsch
(Firefly Books Ltd, 1995)



Where the Wild Things Are
by Maurice Sendak
(Harper and Row, 1963)

In the Kitchen: Supper Recipes



6 Months and Up: Peach Chicken & Rice

What you'll need:

1/2 cup diced boneless skinless chicken breast
1/4 cup cooked brown rice
1 peach, diced
2tbsp formula or breast milk

- In a food processor, or using a handheld blender puree chicken, rice and peach and add milk until desired texture.
- Serve warm. Refrigerate any leftovers.

*only use foods your baby has tried with no allergic reaction

8 Months and Up: Beef Stew

1/2 cup cubed cooked beef
1 peeled potato
1/4 cup frozen peas
1 peeled carrot
1 stalk of celery
1/4 cup uncooked pasta
4 cups of water

- Wash vegetables thoroughly and chop very fine.
- Simmer the veggies for 20 minutes or until softened. Add the pasta and cook for 10 minutes longer or until very soft. Drain but reserve the water for puree.
- Mash or puree the mix until it is of a consistency adequate for your baby.
- Can be frozen in ice cube trays, then stored in freezer bags for later use. Be sure to label with date and what it is! Will keep for up to 3 months in the freezer.

12 Months and Up: Baked Beans

Makes 6 servings.

What you'll need:

12 oz navy beans
2 tbsp of molasses
2 tbsp packed brown sugar
1tsp dry mustard powder
14 oz can of stewed tomatoes
1/2 small onion, chopped
1/2 tsp black pepper
1/4 tsp salt

- Preheat oven to 300°F
- In a large saucepan, soak the beans in approximately 3 times the amount of water for 12 hours, or soak overnight.
- Drain and rinse the beans. Add fresh water to cover, and bring to a boil. Reduce the heat to low and cover and simmer for 1 hour. Transfer the beans to a deep baking dish.
- Stir in molasses, brown sugar, mustard, onion, tomato, pepper and salt. Cover with tinfoil and bake in the preheated oven for 3 hours. Check frequently and add water as needed to keep the beans moist.
- This recipe can be frozen in small portions and thawed in hot water or the microwave.

**Prince Edward Island Home
Economics Association**



PO Box 20029
Sherwood Postal Outlet
PE Canada
C1A 9E3

902-566-2738
peihea@hotmail.com

The Mommy Manual is a three part newsletter aimed at young mothers trying to complete their education with children aged newborn to 24 months. For more information on the PEIHEA, or for the next newsletter, please visit our website.

www.peihea.org

Activity Corner

Homemade Bubbles

What you'll need:

1/2 cups dishwashing detergent
4-1/2 cups of water
4 tablespoons glycerin (available in pharmacies)
Shallow pan
Bubble blowers

Mix all ingredients together. For best results let ingredients sit in an open container overnight.

Pour bubble mixture in a shallow pan and use pipe cleaners, straws, empty paper towel rolls, plastic bottles (with the bottom cut out) to blow bubbles. Have a contest to see who can make the biggest bubble, or see whose bubble will float the furthest. If you child is still an infant they will enjoy the stimulation of watching the bubbles float by, and may even reach out and pop them!



Homemade Play Dough

What you'll need:

500ml all purpose flour
250mL salt
1 package Kool-Aid
30mL vegetable oil
400mL boiling water

- Combine dry ingredients in bowl. Set aside.
- Add oil to water and bring to a boil in a sauce pan.
- Add the dry ingredients to the boiling water oil mixture. Remove from heat and mix with a wooden spoon until well blended and lump free.
- Return to stove and cook on medium heat, stirring constantly to prevent sticking. Stir until a ball forms and pulls away from the sides.
- Cool and knead until the texture matches play dough (1-2 minutes).

Store in a zip lock bag or airtight container.

