

MOM'S "Sani-tea"

Volume 9 Issue 1

January 2010

Oswego Area Mothers & More Newsletter

Let's Dip Into Drowning Prevention

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& MORE

Dreaming of summer, beaches, pools, and water parks?! Thinking of enrolling your child in swim classes? Think ahead - don't get caught unprepared for the summer swimming season. Have a fun and safe swim season - make sure you're armed with the best information about drowning prevention. Drowning is one of the leading causes of accidental death for all ages not just infants and toddlers. The American Academy of Pediatrics has recommended that children start swim classes at age 4 or older because of the false sense of security MOST swim classes can create with children who are younger. Speakers Trish Hinshaw, Infant

Swimming Resource Instructor, and Mike Fijas, General Manager of Raging Wave Waterpark and Co-founder of Children's Drowning Prevention Council, will speak about various ways drowning can be prevented for all ages. Go to www.infantswim.com for more information about Infant Swimming Resource.



Please join us at The South Point Park District Bldg (810 Preston Lane),
Tuesday January 12th @ 7:30pm. Please come out for a fun and relaxing evening! All members and the public are welcome to join us for this event!

Mothers & More Mission

Mothers & More is a non-profit organization dedicated to improving the lives of mothers through support, education and advocacy.

We address mothers' needs as individuals and members of society, and promote the value of all the work mothers do.

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Upcoming Events

- Recipe Night
- Mom/Tot Outings
- Program Night
- Coffee Clutch
- Mom's Morning/ Night Out

(Please see our calendar of events on the back page.)

Mothers & More Spring RESALE

Saturday, February 27 8am-1pm @ Boulder Hill Elementary.

Contact 251resale@yahoo.com for more info on selling or shopping!

A Special

Thank You to:

Oswego Printing

27 Stonehill Drive

Oswego

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For donating the printing of our newsletter

The Oswego Area Chapter of Mothers&More currently has over 80 members from Oswego and other nearby communities including Aurora, Plainfield, Yorkville, and Montgomery. Some members are first-time mothers who have recently left the paid workforce, while others are seasoned mothers. Join us NOW for informative meeting nights, playgroups, mom's nights out, book club, recipe nights, mom & kid outings, and more!

Contact us for more information!

Mothers & More Oswego Area Chapter

Visit our website at

www.mothersandmoreoswego.com

mothersandmoreoswego@yahoo.com

Mothers and More is not intended for medical and/or psychological care for those in need of such care for themselves or their children. Although every measure has been taken to ensure information in this Mothers and More report is complete and accurate, no Mothers and More member, past or present shall be liable for any damages resulting from the use and/or misuse of information contained therein.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NEW YEAR's DAY	2
3	4	5	6 9:15am Mom & Tot Breakfast	7	8 7:00pm Mom's Night Out	9
10	11	12 10:00am Coffee 7:30pm Program	13	14	15	16
17	18 10:30 Mom & Tot 7:00pm Recipe	19	20	21 7:30pm Book Club	22	23
24	25	26	27	28 7:00pm Bunco Night	29	30
31						

Playgroup News: Are you interested in joining a playgroup? Need to find moms that you have something in common with? Want to find moms with kids the same age as your kids? Contact Rebecca K. and she will see if there is a playgroup to fit your needs. Mothers & More—there for your playgroup needs!

Social Schedule—Regular Monthly Activities

Recipe Club - *Members meet the first Monday of the month at a member's home to share recipes and sample dishes based on a theme.* The theme this month is "SOUP,". Come prepared to share your favorite Soup, Stew, or Chowder. Perfect for this COLD WEATHER.

Program Nights - *Always meets for an informative topic on the second Tuesday of each month.* It's not too early to plan for summer. One thing to not forget — "Drowning Prevention". See page one for more details.

Coffee Clutch - *Let the kids play while you and other mom's chat and catch up with each other.*

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If you are interested in joining the Oswego Chapter of Mothers and More, or have any questions, including upcoming events or membership, please check out our local website at www.mothersandmoreoswego.com. Or the National Office at Nationaloffice@Mothersandmore.org, or call the National Office direct at 630-941-3553. They will be able to direct you to the chapter closest to you. Please feel free to join us at some of the above events. We look forward to seeing you!