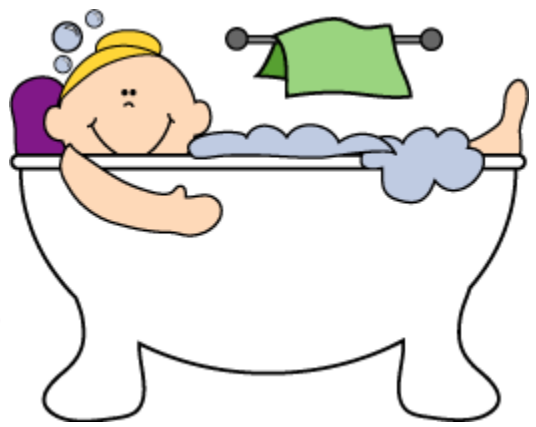


Making Momsense!

Timely tips and a treasure of insight on one of the greatest challenges of motherhood . . . how to take care of yourself, while you're taking care of so much and so many.

**By Peggy Kline, C.N.O.
(Chief Nurturing Officer™)**



Giving Birth to Laughter!

Ten Tips to Tickle Your Humor Habits

Recently, while studying the latest research on the benefits of laughter in our lives, I came across a real motivation for more mirth. It seems that laughter not only has positive effects on our cardiovascular system, heart rate and mood, but also can burn up to 50 calories a day with as little as 10-15 minutes of laughter. Quick! Say something funny!

As I speak all across the country to groups of moms, too often I have them come up to me after my programs and say “I haven’t laughed like that in years!” If laughter is so important in a mother’s life, then what is it that seems to be robbing her of her joy and silencing her laughter? It seems as women we too often suffer from *mirth maladies*. Considering the many demands and responsibilities of motherhood, fighting with fatigue, calendars and our clothes-shrinking closets, learning how to use our wit really is using our wisdom. Below are the ten humor habits that will help moms turn those stress-attacks into laugh-attacks!

1. Develop positive paranoia (expect the best!).
2. Measure the magic ingredients of mirth:
 - a. Size up the setting- is humor appropriate?
 - b. .Timing-will it help or hurt the situation?
3. Realize that most humor is spontaneous. You’re not rehearsing for the Comedy Club. However, you will be the humor hit for little ones under five. Over five your occasionally funny, ten and up your child’s eyes may roll even when you are at your funniest!
4. When faced with the many challenges of motherhood, we can get angry, depressed, get a negative attitude or . . . get sense of humor. Mom’s mood can be contagious. Be careful what your kids catch!
5. We each have our own *Laughter Laboratory*. Find the formula that works best for you. Mom’s are not a one size fits all for what’s fun or funny with her family.
6. Laugh a little each day to keep the stress away.

Peggy Kline, C.N.O. (Chief Nurturing Officer™) is the founder of Mothering Moms Inc and Motherhood University. She is an award winning national speaker and author. Visit www.motheringmoms.com, for more much deserved T.L.C.!

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7. Just as our immune system is our best defense against disease, remember that humor is an excellent defense against the challenges of life. The key is to keep your humor positive. Be sure as you teach your children the importance of laughter in their life, they learn that it should never be at the expense of hurting another.

8. Instead of having a stress attack, try a laugh attack! If you think someday you might find a situation funny (your new overpriced lipstick smeared all over your “*thinking she is so pretty preschooler’s*” lips and hands), laugh NOW! And . . .be sure to grab a camera and capture the moment!

9. Take an internal inventory of how often you laugh. The less you laugh the more you need to focus on finding the fun and the funny
In your own life! How often the sound of laughter in your home is heard, can also be a wonderful barometer for your family life.

10. One of the best kept secrets of health and happiness is sharing laughter with those you love. Get a case of the giggles with girlfriends, be goofy with your family. Humor builds relationships, strengthens communication and eases tension. Sharing moments of joy and laughter is a lifelong memory maker.

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