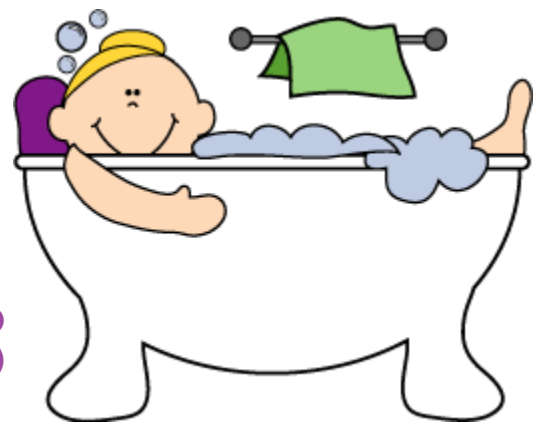


Making Momsense!

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™)**



Let it Go! Let it Go! Let it Go!

Sing along with me now (To the tune of "Let it Snow")!
Oh the weather outside is frightful!
But my Christmas cookie recipe's delightful
I've been snitchin a lil cookie dough
But, Let it Go, Let it Go, Let it Go!
My budget shows signs of stopping,
But I still have so much shopping
My energy's way down low
Let it Go, Let it Go, Let it Go!

When I finally get to sleep at night
How I dream of things I still need to do
And if you saw my house it's a fright,
And there's a stack of bills that are due

Well I'm so busy makes me feel like cryin
Can't get a head no matter how hard I'm tryin
I'm getting a little moody don't you know
But Let it Go, Let it Go, Let it Go!

When I finally get it all done
I'll sing some carols and try to have fun
I've just got to learn to relax
Or I'll be havin a great big stress attack!

Oh! You know it's almost time for the New Year
My resolution is to make my hips disappear
I think I've made it through another Holiday, Hoorah!
How I did it ~ I'll never know, but just remember. . .
Let it Go, Let it Go, let it Go. . . Just Let it Go!

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

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I enter my *Hang On Here Come the Holidays!* program singing this parody which I created for women everywhere. The words ring so true (it's my singing that's off key!) You may be right in the middle of the Holiday Hoopala right now. ..if so this is just for you!

Have a Pow-wow

That's right. Sit down with your partner and pass the peace pipe. Discuss exactly how each of you is feeling in the middle of this Merry Rushmas. What really matters to each of you? Decide on travel plans and parties you are going to participate in and those that you are not. You do not want the ugly ghosts of Christmas pasts when you fought on the way to festivities or glared at each other over eggnog to reappear do you?! Avoiding resentments and misunderstandings is the secret recipe for a Holiday that's outstanding!

Take Time for Traditions

There is buried deep in each one of our hearts and minds a treasure chest of memories that made this time of year special to us when we were little ones. While we cannot remember where we put the car keys, or what day the dry cleaning will be ready, every last detail of traditions around the family table or remembering relatives all comes flooding back this time of year. We hang on to Mama's holiday recipes as if they were gold. What do you want your children to remember? Pass down to them what was precious to your childhood and create new memories for them. The brutal reality of your standing in long lines and getting nimble fingers from dialing every store in town for a toy is . . .they won't remember. That's right, 25 years from now they probably will not remember where they put their keys either or what you gave them this year. It is the gift of time spent with you the memory maker.

That's a Wrap!

While acting like vultures picking out wrapping paper from a big bin, myself and three other women were fretting over patterns and styles. We grabbed rolls, inspected them, put down some and picked up others. It finally occurred to me this is not wall paper that must last 5 years! I was spending waaay too much time on a product that no matter how much detail and design, was going to be destroyed in a matter of minutes. The best I could hope for was a "Thanks Mom" after its demise. What are you spending too much time on this season? How could your time be better spent? Who could you be spending it with? Do yourself a favor and go with energy and time savers.

Let it Go, Let it Go, Let it Go

When you are tempted to tell your mother she's a budinsky. . .
When you are having crisis in your closet trying to find something to wear. . .
When you want to use profanity instead of patience. . .
When your turkey turns out as dry as the desert. . .
Just remember, take a deep breath and sing ever so softly. . .
Let it Go, Let it Go, Let it go.

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