

CRESS CREEK MOMS & TOTS

NEWSLETTER

January-February 2022

CHAIRMOM'S MESSAGE

Happy New Year, CCM&T families!

Over break, I had a few moments to quietly read. My book of choice was titled, *Calmer, Easier, Happier Boys*. What a title. When I chose this book, I was interested largely because my boys can be: "spirited," "energetic" and "strong-willed," but not often, "calm" and "easy." Sometimes, I'm convinced that I'm the only mother on the planet with kids as loud, lively and resolute as my three.



My three "spirited," "energetic" & "strong-willed" boys

So, anyways, I was interested in what this author had to say about creating "calm," "easy," "happy," kids. Altogether, it was a good read - focusing on strategies that help kids become motivated, cooperative, and confident; without diminishing the energy, and spirit inside that make them so special.

One particular takeaway I found to be helpful as both a parent and as an adult, is the idea that most people, children and adults alike, appreciate when others notice the good in them. I know I do. The author suggests using the tag line, "I notice..." at least ten times per day, per kid. Something as simple as, "I notice you're using a quiet voice while talking to your brother," or "I notice your bottom is in the chair while eating." Taking time to notice the good behaviors, actions, and choices...instead of focusing on the opposite.

There's a lot of complicated stuff, we parents have to navigate with our kids (and other adults!), but this part seems simple, basic even. Notice the good, and then tell them. That's the mindset I'm heading into 2022 with, I'm going to notice the good, and then I'm going to share it.

2021-2022 Board Members

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Membership: Molly Ogbomo

Secretary/Webmaster: Erin Seyring

Philanthropy: Kathryn Cain

Kids Events: Lauren Voit & Julie Chiu

Adult Events: Jorie McCoy & Jennie Siebert

Marketing & Community Outreach: Caroline Connell



CRESS CREEK
MOMS & TOTS

CHAIRMOM'S MESSAGE CONTINUED

So, here I am, wanting to share some good things I notice happening in our group:

- ★ All of YOU who have signed up or will sign up to deliver meals and gift cards to families with new babies.
- ★ All of YOU who come excitedly to support our events.
- ★ The moms, Julie, Lauren, Jorie & Jennie, who take time from their busy schedules to plan events. All of the time, effort, coordination they dedicate to make each individual event happen.
- ★ The moms, Kathryn, Caroline, Molly, Danielle & Erin, who, together and separately make families in our community feel included, special and seen by coordinating playgroups, baby bags, meal trains, our newsletter, and community outreach opportunities.
- ★ The moms, Roby, Amanda & Alex, who eagerly stepped up to fill our open board positions.

There are so many good things happening in this new year for Moms & Tots. I hope you are noticing the good, too. I'm very much looking forward to the second half of our year together. This month's newsletter is a double issue :). We are recapping the Bach2Rock music class and our J-fit workout class. We have some important Save the Dates and a fun new 'Board Picks' section - *Midwinter Boredom Busters*.

Happy reading!

Your friend,
Meghan

Baby Bags

Thanks to our very generous sponsor, **Sandy Hunter**, a realtor with Baird and Warner, we have been providing new Moms with a baby bag. We recently add these adorable Cress Creek Moms and Tots onesies to the bags! If you received one and feel comfortable sharing their picture, we would love to see your baby wearing their onesie! Also please remember to update your membership profile on the website if you are expecting or have a baby so you don't miss out on your baby bag!



PHILANTHROPY SPOTLIGHT: MEAL TRAINS

We've welcomed a lot of new babies this year to our CCM&T community! Thank you to everyone who has signed up to provide a meal for a family. If you have not signed up for a meal train yet, please consider signing up for one of the open meal trains below or an upcoming one!

A meal train provides a tremendous amount of support to a family, and takes the pressure off of planning mealtime to focus on other important aspects of their lives – especially during the newborn phase! The wonderful part of the CCM&T meal trains is that you do not need to know these families personally to be able to show support (this is also a great way to meet new families in the neighborhood!). Drop-off is easy and contact free!

If you are interested in signing up, but struggling with meal train ideas, meal types to consider are:

- Homemade meals (casseroles, salads, desserts, or breakfast items for the morning)
- Prepared meals from Costco, Jewel, Caseys, Marianos, etc.
- Restaurant meals
- Gift cards to local restaurants or food delivery services

Struggling to find some creative meal train ideas? Take a look at *Taste of Home's 35 Meal Train Ideas*: <https://www.tasteofhome.com/collection/meal-train-dinner-ideas/>

Open Meal Trains:



The Campagnolo Family – <https://mealtrain.com/mqv4g3>

The Lernihan Family – <https://mealtrain.com/wz4nrg>

REMINDER: If you are expecting, please update your Membership Works profile with your due date so that we can reach out to coordinate your Baby Bag and Meal Train!



A huge thank you to our sponsor J-Fit for hosting a TABATA & HIIT class for CCM&T members in January!

Be sure to check out all J-Fit has to offer: www.j-fit.com



BACH TO ROCK MUSIC CLASS



🎵🥁 Our Bach 2 Rock trial music class was so fun!! Check out their site if you're interested in joining/creating a group class: <https://naperville.b2rmusic.com/>, or call them at 630-318-0312!



January-February Board Picks: Mid-winter Boredom Busters

This month, the Board is sharing some of our favorite ways to change things up and rally your crew when the cold winter days start to get the better of everyone!

Meghan's Pick:

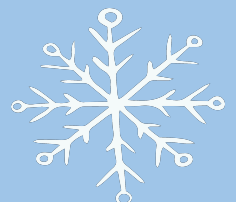
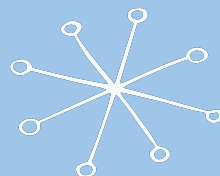
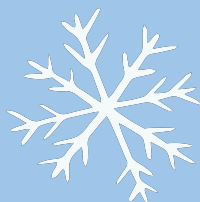
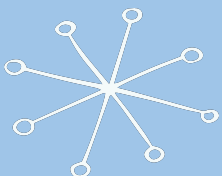
My kids are outside all the time - rain or shine. So, when winter comes & the snow falls, we head out to Wilmot Mountain and take advantage of their ski & snow tubing hills. Located on the Wisconsin-Illinois border, Wilmot is easy to get to and has lots of winter sport activities for the whole family to enjoy.

Caroline's Pick:

My fun winter pick-me-up is again courtesy of "Busy Toddler" and it's the popsicle bath! Such a simple idea! My girls love popsicles and they love baths but there is something about eating it in the bath that takes it to the next level and they think I'm the coolest mom ever! Plus there is literally no clean up which is the best part!

Kathryn's Pick:

One of my family's favorite winter activities is bundling up and going for a walk in McDowell Grove Forest Preserve. This is a great way to get some exercise in and the kids don't seem to mind the cold!



Erin's Pick:

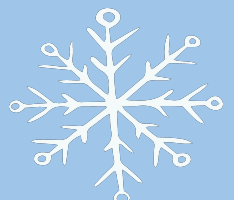
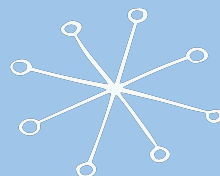
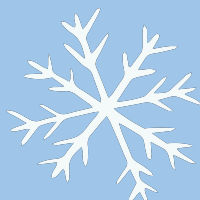
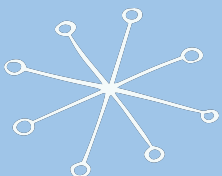
Indoor snow & ice fun! We love to play outside in the snow, but bringing some indoors helps to extend the fun even longer. Lay down a towel and bring in a big bin full of snow (think underbed storage container) and add small shovels, scoops, toy trucks, characters - whatever you have on hand. Another favorite is to fill a large tray with snow and paint it with watercolor paints.

Julie's Pick:

To get some energy out, especially in the cold winter months, we love [Cosmic Kids Yoga](#)! Her themes and yoga routines are so fun and my kids can spend almost an hour doing a few of these videos! Also, we sometimes do bathtub reading time, by filling up our bathtub with cozy pillows and blankets and stuffies, and bringing a basketful of books for them to read and play inside there! The kids love it and it also gives me a reason to clean my bathtub. 😂

Molly's Pick:

We love having big family game nights where we bring out almost every game in our house! Now that my son is 4 years old he really loves playing board games. It gives us all something to look forward to during these long weeks.





EVENTS



<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>
Ladies' Game Night	Thursday, February 3rd 7:00PM RSVP HERE	Great Western Flooring 720 N Washington Naperville IL 60540
Playroom Cafe Two Playdate	Monday, February 21st 9:00-11:00 AM RSVP HERE	Playroom Cafe Two 2075 Calamos Ct. Naperville IL 60563
St. Patrick's Day 5K Fun Run	3/12 8:00 AM	
Easter Egg Hunt	4/10 3:00 PM	Cress Creek Park
Cinco De Mayo	4/30 6:00 PM	
Pedal N Sip	5/15 Time TBD	
Spring Picnic	5/22 11:30 AM	Cress Creek Commons

EVENTS



Game Night

Join us drinks, apps, and GAMES sponsored by Great Western Flooring!

Great Western Flooring

720 N Washington Ave
Naperville, IL 60540



Playroom Cafe Two Playdate!

While school is off for President's Day, let's take a break from the cold and play inside together! Located less than 10 minutes from us, Playroom Cafe Two is an ADORABLE and CLEAN new play cafe for ages 0-6, with so many fun centers and plenty of space to run about!

\$15 entry per child, which includes snack + drink! Parents are free, as well as babies under 6 months.

-Masks required for ages 3+

-Socks required also.

Please RSVP by Tue 2/15!

\$15/CHILD
includes entry,
drink & snack!

FREE- for
parents & babies
under 6mo!



Please RSVP by 2/15 on ccmomsandtots.com



Happy Birthday!

January Birthdays

Mirela Miller

February Birthdays

Kelly Toppa
Amanda Merrill
Michaela Campagnolo
Erica Harouff
Elizabeth Springer

Don't see your birthday listed? Be sure to update your member profile on ccmomsandtots.org to include your birthday so that we can celebrate you in the newsletter!

Welcome New Members!

Emily Duerr
Diana Stacho
Demi Wang

We're so glad you're here!

CRESS CREEK MOMS & TOTS

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Don't forget to check out our website!

www.ccmomsandtots.org



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JANUARY-FEBRUARY SPONSOR SPOTLIGHT: KELLY O'MALLEY

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A CRESS CREEK RESIDENT AND FORMER MOMS & TOTS MEMBER


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