

***"The association that helps bring working moms closer to their children!"***  
**August: Parenting Success**

### How to Avoid the Back to School Blues

by Debbie Williams, HBWM Organizational Expert

**Routine Matters:** To avoid being late for your first day of school, start a countdown 1-2 weeks before school starts to get your kids used to their new routine.

**Knowledge is Power:** Together, learn as much as you can about your child's new teacher, school, schedule, and curriculum.

**Pack it Up:** Use checklists and daily routines to prepare for the new day, such as chore charts, filing systems for papers, and preparing backpack and lunches the night before.

**Delegates Rule:** Mom and Dad are the senior delegates of this assembly. Delegating tasks will help him maintain the chaos usually experienced in the back-to-school season.

**Home Works:** Being and staying organized depends heavily on creating a dedicated home for papers, books, permission slips, homework, etc. ❖

*Debbie Williams is a personal organizing strategist and author of Organized Kidz: E-Z Solutions for Clutter-Free Living (By the Book Media, September 2005).*

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### Tips for Parenting Success

By Jennifer Wolf, PCI Certified Parent Coach™



#### Phone Rules

Most parents experience occasional frustration over being interrupted by the kids while they're talking on the phone. For the Home-Based-Working-Mom, though, these interruptions can prove to be a real challenge. To reduce the number of times your kids interrupt you on the phone, set a firm rule you can stick to consistently. In our house, the rule is: "If you ask while I'm on the phone, the answer will be 'No.'" We've found that this one simple rule makes the kids think twice before they interrupt us. But, like anything else, the trick is being consistent. Children have a long memory of that one time you gave in. You can combat this by being firm in your expectations and refusing to make exceptions. Before long, the kids will realize you are, indeed, serious and will begin to alter those habits. After all, they're interrupting you to get something. And if they know the answer will be "No" if they interrupt you, they'll quickly learn that their best chance at hearing "Yes" to their request is waiting until you're off the phone!

#### Be Creative

Much of parenting comes down to consistency. But let's face it, sometimes we're just too tired to consistently following through on our own rules. Isn't that true? It's hard to admit, but I see it all around me. "I don't want the kids to eat in front of the TV, but I'm too tired to fight with them about it." Does this sound familiar? When you find yourself saying "I know I should...but I'm

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### Go Clean Your Room!

By Melissa Ringstaff



If you are a mom, you have said it a million times, "Go clean your room!" It is a rare mother who gives birth to a child who prefers to clean his room instead of trash it.

So what are moms and dads to do if they want their children to put away the toys, place clothes in the hamper, and keep books perfectly lined on their shelves?

Well, this may seem harsh to some of you. First things first. Go clean your room - and the bathroom, and the kitchen, and the family room, and the home office, and the garage, and the closets... you get the idea. If your room has piles of clean clothes waiting to be folded, or you only make your bed when company comes over, or the dishes get washed only when there is nothing left in the house to eat with, you are not demonstrating an organized life to your child.

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## HBWM Member Benefits

HBWM has partnered with **Salary.com** to bring you a Salary Wizard to help you know what you are worth. It also includes a Cost of Living Calculator as well as a College Tuition Planner. Go to: [hbwm.salary.com](http://hbwm.salary.com) to try it out!

**Mygrocerydeals.com** is a free service that allows you to go online, do pre-shopping based on advertised grocery flyer specials, look at nutritional information, create shopping lists and then head out to your selected store(s) with list in hand. Mygrocerydeals.com is continually adding new cities and stores. Join for free at: [www.mygrocerydeals.com](http://www.mygrocerydeals.com).

**Chef-Prepared Meals at 15% Off for Members!** DineWise, a new and innovative company, helps you create wholesome complete meals in a snap that everyone will love. DineWise delivers chef-prepared gourmet and healthy meals -- everything from appetizers to desserts. They have every component for every meal, and it's all cooked in your microwave or regular oven in minutes. Try DineWise today and enjoy 15% off your total order. Go to: [www.dinewise.com/?source=BD+HBWM](http://www.dinewise.com/?source=BD+HBWM) and use this discount code at checkout: **HBWM** . ❖

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**Home-Based Working Moms [HBWM]**  
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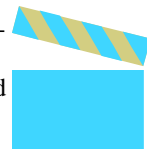


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## News & Updates

### Member News:

- Free book for HBWM members! Kristie T, owner of Webmomz.com and author of "I Love My Life," has a special gift for all my HBWM members! For a limited time, she is offering her paperback book "I Love My Life: A Mom's Guide to Working from Home" (regularly \$14.95) for free to HBWM members - you only pay shipping & handling. Kristie's book is loaded with ideas on how to organize your home office, market online, and take your home based business to the next level. Grab your free copy of this book today – quantities won't last long. Click here to get your complimentary book today at: <http://www.kristiet.com/lovelife/10000books.htm>
- (AZ) **Pamela Waterman** and her daughter were featured on Ch3TV in Phoenix AZ, demonstrating recipes from our new book, *The Braces Cookbook: Recipes You (and Your Orthodontist) Will Love*. Pamela says, "What fun, and my 13 year-old co-author/daughter did a great job on the air." ❖



Send us your member news to: [hbwm2@hbwm.com](mailto:hbwm2@hbwm.com).

### Tips for Keeping Kids Safe Online

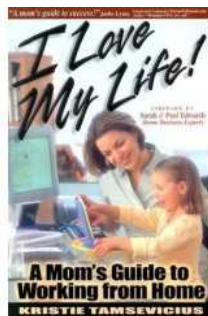
- Utilize parental controls and establish access guidelines for your children, such as limiting the times they can go online and controlling which sites they may visit.
- Keep the "family pc" in a visible and widely used part of the home so you can see what your children are doing online.
- Instruct children never to provide any identifying information such home address, age, photos, school name, email address or telephone numbers to an unknown web site or in a public message such as chat or bulletin boards or over email. Do not share that information via email unless you recognize and know the person.
- Teach your children safe Internet habits.
- If children make friends on-line, become just as familiar with them as you are with the friends they make at school or in the neighborhood.
- Teach children not to open emails from addresses you do not recognize or subjects that do not make sense or are suggestive.
- Keep an open line of communication between you and your children.



For additional information about the Sereniti Smart Home Server, including special back-to-school plans for families, please visit: [www.easycare360.com](http://www.easycare360.com). ❖

### book look

## I Love My Life! A Mom's Guide to Working at Home



A passion filled, fun read with solid business advice to take any entrepreneur to greater heights of success. Kristie T. delivers the real deal on make money with a high profit home business and take charge of your life. From setting up a website, understanding the financials, and writing a strategic marketing plan, business owners will learn how to move from a start up to a fully automated high profit business. Foreword by home business experts Paul and Sarah Edwards. After facing a near personal tragedy, this author claimed her life for her own, started an at home business, and now mentors other work-at-home parents on how to create a life they love through entrepreneurship. She is a work-at-home mother, who has found her spirit and is living an authentic life that reflects her dreams, desires and passions. ❖

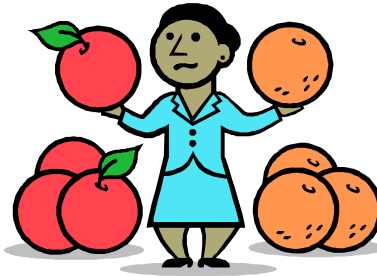
Written by Kristie Tamsevicius.. Available at <http://www.amazon.com/exec/obidos/ISBN=0971949565/homebasedworkingA>

Parenting Success

## Good Grief! Reshape the Family Diet

By Cyndi Thomas ND

When I announced that my family needed to change its diet somewhat... well, to say my children weren't as excited as me would be an understatement. More than once they cried: "What? Salad again! When are we going to have some real food?" My understanding reply was usually, "This is dinner...eat it or starve." After all, I had taken it upon myself to get my family in the best possible health - no matter what!



I had decided no more junk food. We were going to sprout alfalfa and have produce delivered by truck once a week. We were going to have meals made up of just fruits and vegetables. We were going to drink juice made from...<gulp>, barley grass and carrots. My kids were going to be thrilled with the change! So I sat them down, all seven of them, and gave a brilliant lecture on the importance of good nutrition. I even had charts and graphs. I knew that once they understood, the change wouldn't be a problem at all. After all, I had intelligent kids. They would understand. Right? Wrong!

I no longer recommend anyone do what I did. My path to healthy living was paved with good intentions. But my family suffered the potholes that accompanied my attempt to overhaul their eating habits overnight. You won't have to endure as much agony. I've compiled a few guidelines to make such a transition easier for the caring mother (or father) wanting what's best for her or his family:

- Do not say anything to the family about what is to transpire. (The exception here is if the family already has an excellent, above-average level of communication and they would rather have apples instead of Ding-Dongs for dessert!) So like I said, "Don't say anything."
- Without comment -- and over a period of months -- the meals should gradually become more nutritious.
- To complement the regular meat main course, you serve lightly steamed vegetables and a tossed green salad. Less high-fat dairy products, fried foods, pre-prepared foods and canned foods appear on the table.
- Make a deal with the kids: We eat like I say five days a week... twice weekly, you can pick the menu. Most kids would be agreeable to that. Mine were. Of course, it took me a month to realize the importance of letting them choose occasionally. (It was during that month that my then 16-year-old son came home one night with two large pepperoni pizzas. He walked in with a smile and a grin-delivered greeting: "Gee mom, you work so hard. I thought I'd take care of dinner tonight!" With his minimum wage salary from sacking groceries, takeout pizza was something he couldn't afford very often.)
- The transition is much smoother when mom AND dad agree on the diet change. Still the rule is the less fanfare, the better. Slowly introduce more nutritious menus and set a good example of eating and enjoying. Make positive comments about how good the vegetables taste -- and how good they are for the body.
- Keep the *wrong* food out of the house. That way your kids won't be tempted into eating something they shouldn't. If you must go to the store to get something, you will often think twice about whether it's needed.
- Children learn by example. A household that manages food properly will help children adopt healthy eating habits.

Here are a few more tips:

- Praise your child's efforts to make better dietary choices.
- Stock the pantry with healthy foods.
- Provide balanced meals at regular times.
- Keep snacks healthy (raw fruits, veggies, etc.)
- Lead by example. You must also eat healthy.
- Reward good behavior with nonfood items, such as CDs and clothes.

Changing a lifestyle doesn't have to be complicated. Slow and steady always wins the race. Are we perfect? Of course not. But we now spend more time eating the right things as opposed to the wrong. And it does get easier with time. I know your family is worth the effort. And someday they will realize how right you were and maybe even thank you for it! ❖

*Cyndi Thomas is a naturopathic doctor and mother of seven. Cyndi has overcome many acute illnesses by adopting natural health principles into her lifestyle. You can read a free chapter from her e-book, "Eat Your Way to Wellness" by visiting her site at: [www.wellness-education.com](http://www.wellness-education.com) Be sure and sign up for the FREE Newsletter, BNHealth!*

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<http://www.hbwm.com/experts.htm>

## Member Profiles

### Lin Ridley Watkins Products Lutz, FL



**Tell us about your home business.** I am an associate for Watkins. I work mostly from home, selling the products and assisting others

who want to start up their own business. It is a great company to be involved with, especially when you love their products and the quality of them, it makes it much easier to be passionate about selling them.

**What products/services do you offer?** Watkins has a fantastic range of products. Their most famous one being the Original Double Strength Vanilla.

Plenty of gourmet cooking ingredients that range from herbs, spices, dips and extracts to dessert and frosting mixes, grape seed flavored oils and sauces. They also have a range of home care, laundry detergents, tub and tile cleaner, window and glass cleaner, etc. We also offer health care, cough syrup, pain relief balm, mouthwash and supplements. Finally, personal care, hand and body lotions, sun block, body wash, bubble bath and shampoo, and more!

**Why did you decide to start this particular business and how did you get started?** I had been in childcare for 20 years and wanted a change. Also, living in Florida and coming from England we get a lot of visitors. This gives me the flexibility to do the hours I want and still be able to entertain. I had just joined HBWM and received my newsletter. There was another member's profile. I did some background on Watkins first, and was impressed with what I read.

**What is one of the best pieces of advice you've been given as a business owner?** Take your time, don't try to do everything at once.

Contact Lin at 813-598-6632,  
[www.allinthestore.com](http://www.allinthestore.com) or  
[jordenkane@hotmail.com](mailto:jordenkane@hotmail.com) ❖

### Dixie L. Ingwerson Dixie's Treasure Shoppe - Winston, OR

**Tell us about your home business.** I have a store on eBay and have a variety of different items that I sell both in my store and in the auctions.

**What products/services do you offer?** I specialize in finding bargains both new and in like-new condition that I can recycle by tie dyeing. My inventory is constantly changing as I add new items. I offer clothes for everyone from baby to plus size clothes. It just varies depending on what items I find. Also have had table clothes, material, towels and bed spreads, in other words just about anything that can be tie dyed.

**Why did you decide to start this particular business and how did you get started?** I had a good friend tell me to find something that I loved doing and the money would come. I started out a few years ago tie dyeing for friends and family, found I loved doing it so decided to start my own business.

**How many hours do you usually work in a typical week?** Usually work 30 to 50 hours per week.

**What are some ways you market your business and what method has worked best for you?** I wear tie dye most of the time so that is one of the ways I advertise. I am still doing research to find the best types of advertising and learning what will work best.

**What is one of the best pieces of advice you've been given as a business owner?** The best piece of advice was to find something I enjoyed and learn how I could make a living doing it. I absolutely love tie dyeing and making new creations.

Contact Dixie at 541-679-9475, <http://stores.ebay.com/Dixies-Treasure-Shoppe> or [tiedyemom7@hotmail.com](mailto:tiedyemom7@hotmail.com) ❖

### Joyce Scott Superb Speakers Bureau - Austin, TX



**Tell us about your home business.** I am certified in career outplacement and in business development. I am featured in national media as an authentic expert including Selling Power magazine's profile of my successful work as one of the top national sales coaches and Potentials magazine's interview on career topics. My firm is a national 14 year-old company, Superb Speakers Bureau, and we have over 75 authentic global expert level speakers, trainers, facilitators and consultants.

**What were the hardest obstacles to overcome starting out?** I'd already created the work while I was employed. The most difficult part was to get out of my own way and use the support that was there for me. I had to learn to avoid being so single-minded as an entrepreneur. Now I work to include alliance partners.

**What are some ways you market your business and what method has worked best for you?** I am an expert in sales, so direct sales work best for me. I do write columns to market more and am paid to speak and facilitate and to demonstrate what we provide. I conduct free sessions to prospective clients for the rest of my bureau that are very successful and give exactly the same fully researched training sessions for the value and referrals to my group.

**What is one of the best pieces of advice you've been given as a business owner?** Get out of your own way and break through often. I tell that to myself, and I do get help before I need it.

Contact Joyce at 800.795.0493, 512.445.8380(Austin), 713.828.3613(Houston),  
[www.superbspeakers.com](http://www.superbspeakers.com) or [clientservices@superbspeakers.com](mailto:clientservices@superbspeakers.com) ❖

## Member Profiles

### Stacey Kannenberg Cedar Valley Publishing - Fredonia, WI



**Tell us about your home business.** I was a mom who was inspired by Oprah to make a difference, so a friend and I started Cedar Valley Publishing. If two brothers from Ohio changed the face of aviation, why can't two moms from Wisconsin tackle education? We hope to become mini-Oprah's by donating 10% of all our profits back to literacy.

**Why did you decide to start this particular business and how did you get started?** We wanted a book like ours for our kids and couldn't find a product on the market like it so we decided to create it. We wanted a book that wasn't just a storybook or a workbook. We feel it is the parent's responsibility to get their kids ready for that first day of school, but the market was sorely lacking in a simple tool that was fun and interactive for the entire family to enjoy!

**What are some ways you market your business and what method has worked best for you?** We are a winner of the *Adding Wisdom Award* from Parent to Parent and that has really helped our business grow. It has given us instant credibility! We were also selected by Orca Communication's Media Best Guide and received some incredible media coverage nationwide that has helped put us on the map! The power of networking can never be overstated!

**What is one of the best pieces of advice you've been given as a business owner?** The more you help inspire other people, the more they will inspire you!

Contact Stacey at 920-994-9906, <http://www.cedarvalleypublishing.com> or [Stacey@cedarvalleypublishing.com](mailto:Stacey@cedarvalleypublishing.com). ❖

### Kimberly Metz Top Line Creations Scrapbook Products - Arcadia, CA



**Tell us about your home business.** TLC offers a fantastic earning opportunity for those who want to turn scrapbook consulting into a business. With discounts up to 40%, a fantastic cutting-edge product line, and a supportive home office staff, making money as a Top Line Creations Instructor is easy and fun!

**What products/services do you offer?** Top Line Creations provides a wonderful line of exclusive scrapbooking products that are safe for your scrapbooks AND save you time creating layouts. Cardstock, printed papers, albums, phrasez, alphabet stickers, signature theme kits - we have it all!

**Why did you decide to start this particular business?** I absolutely love to scrapbook and enjoy being creative. I chose this business because it's so easy to promote a product that you use often and have a passion for.

**How many hours do you usually work in a typical week?** I work 10-15 hours. It depends on what is scheduled for the week. I can do my own scrapbooking for my family as my examples; so it's not really work a lot of the time.

**What is one of the best pieces of advice you've been given as a business owner?** Find what you love to do and use your passion to inspire you to build your business.

Contact Kimberly at 626-536-6586, [www.yourscrapbooksupplystore.com](http://www.yourscrapbooksupplystore.com) or [kimberly@yourscrapbooksupplystore.com](mailto:kimberly@yourscrapbooksupplystore.com) ❖

### Kelly James Ameriplan, USA Liberty Hill, TX



**Tell us about your home business.** I am an independent business owner and a representative for the largest health benefits provider in the U.S.; Ameriplan,

USA. I recruit team members who want to earn a residual income at home, and I market health benefits to people who call looking for benefits. Being a part of Ameriplan, USA has been so inspirational and the training is motivating in other aspects in my life that it has filled a void I couldn't receive in other jobs. The team members and training are a positive influence that exudes in other aspects of my daily life.

**What were the approximate start-up costs & purchases?** The start up cost to become an independent business owner is around \$60 with a monthly maintenance fee of \$35. That fee covers all your member's application processing, on-going customer service support for your member and a website that potential representatives and members contact you through. All the training is free.

**What were the hardest obstacles to overcome starting out?** Where to look for reputable leads.

**What are some ways you market your business and what method has worked best for you?** I have worked leads, leaving a paper trail everywhere I go; and just mentioning my business to people in public (at the grocery store, baseball games, school, etc.). I find, at this point, I do better leaving a paper trail and talking to live people.

**What is one of the best pieces of advice you've been given as a business owner?** You can't succeed until you have failed. So try, try again.

Contact Kelly at 512-630-7069, [www.freedomathometeam.com/40360399](http://www.freedomathometeam.com/40360399) or [kjames@ameriplan.net](mailto:kjames@ameriplan.net) ❖

## Tips of the Month



### Self-Care Tip from Diana Ennen, HBWM Motivational

**Expert:** Do something special for yourself on a regular basis. When you do this, you feel more positive and more energetic and it will show in your success.



### Organizational Tip from Maria Gracia, HBWM Organizational

**Expert:** Arrange your books like bookstores do! First, divide your books into Fiction (Not True) and Non-Fiction (True). Then, organize all of your Fiction books by author. Finally, organize all of your Non-Fiction books by genre first (e.g. biographies, travel, home improvement) and then alphabetically by author within each genre.



### Networking Tip from Joyce Scott, HBWM Business Development

**Expert:** When you donate time ask for referrals especially since you are providing the same service you would get paid to do. Know the value of your time so you know how many referrals to ask for. I speak for free across the country with 10% of my time donated to kids, unemployed people and underemployed people - on career choices otherwise speaking requests are always met with my own request for like value in referrals. I am certified and an expert in career and in business so I never give less. I just ask for the equivalent in value. ❖

## Parenting Success

# Go Clean Your Room!

(Continued from Page 1)

Okay, so maybe your house is not a candidate for the popular show on Lifetime Television, *How Clean is Your House?*, but look around.

- Does your desk have stacks of un-filed papers?
- Do you forget to fold the clothes as soon as the dryer stops?
- Does your bed turn stale before the sheets are changed?
- Do your feet stick to the floor before you remember to mop?

Perhaps your careless ways have rubbed onto your children. It is time to clean up today.

Your next course of action is to create a friendly routine that you and your children can comfortably work around. Make a list of chores that need to be completed each week. Then divide them up appropriately among the members of your family. Children should be expected to do chores daily. And if dad works outside the home full time to support his family, his household chores should reflect his hard work each week. In other words, don't expect dad to clean the house after a long day at work. Stay-at-home moms, should take over most of the responsibility for maintaining the household. The Bible tells us we are to be "keepers of the home," so, make your home a real priority. If both mom and dad work outside the home, you will have to have a discussion about who should be responsible for each chore and when. Then be accountable for your part. Making a routine a habit is the hardest part for some people. Especially if they are not used to being on a schedule or have always been unorganized. Don't give up if you fall off the schedule. Tomorrow is a new day with a fresh set of goals. Post the chores and schedules up where everyone can see them on a daily basis. The kitchen works well for my family.

"John, put your books on the shelf - no like this."

"Timmy, you know your room looks nicer if you don't leave your cars on the floor. Put them in the right bucket."

And then be sure to do the same when you go to your own room to retire for the day.

**Daily Plan of Action:** (This is what I use in my own home.)

- Daily Prayer and Devotion
- Make Beds
- Wipe Down Bathroom Sinks
- Wash Two Loads of Laundry
- Clean Kitchen and Sweep
- Straighten House
- 10 - 20 Minute De-clutter of One Area
- One to Two Weekly Chores

Lastly, organize your child's things so that when he is finished with a project or toy, he can put them away easily. Remember the adage, a place for everything and everything in its place. Group like toys (ie. Legos, Lincoln Logs, dolls, etc.) into plastic storage containers and label them. Label everything.

Teach your child this rule: "Only One toy at a time." Your child must return the toy to its proper place before getting out a new toy.

Keeping a neat house, especially when you have children running around, is not easy. In fact, much of the time, it is down right hard. But tackle it like any other project. Break it down into manageable sections. If your child destroys his room, it can take hours to clean. But, if he puts away his things as soon as he is finished with them, it only takes a few seconds at a time. The same goes for grown ups. A messy bedroom takes longer to clean than a relatively neat one and three papers are easier to file than a mountain of papers. Learn your lesson... and then pass it on! ❖

*Melissa Ringstaff is the Director of A Virtuous Woman, a non-profit ministry for women based on Proverbs 31. She lives with her husband, Mykal, and five children in the beautiful Appalachian Mountains of Harlan, Kentucky. You can contact her online at: [www.avirtuouswoman.org](http://www.avirtuouswoman.org)*



*Parenting Success*

## Make the Most of Networking Events

*(continued from page 1)*

too tired,” ask yourself a completely different question instead. “How can I use my creativity to solve this problem?” Being creative helps us look at the problem from a fresh point of view, and actually revitalizes our energy level in the process. Take the example of feeding the kids in front of the TV. Giving in to them only causes you to feel frustrated and invites them to interrupt you again in just a few minutes to ask for something else. But attacking the issue with a little creativity actually helps you. What might happen if you asked the kids to eat in the kitchen and act out a commercial for the snack food they’re eating? Before long, you might find that they’re completely involved in writing a script, assigning roles, and even breaking out the video camera. The outcome is increased energy and a better mood overall for the entire household.



### Box-o-Fun

This tool is so simple, you’ll probably think, “Oh no, this would never work with my kids.” But I urge you to give it a try and see for yourself. Grab a box and wander around the house, gathering 5-7 little things that your kids play with. You might pick that plastic slide rule your toddler loves, but wouldn’t miss if he didn’t see it lying around. Or try a set of special markers and an odd assortment of stickers. Please don’t go out and buy anything. Pick stuff that you already have around the house. You might even throw in some Play-doh and a few cookie cutters, or some string and a bouncy ball. Now, when you have 5-7 things that your kids occasionally play with, put them in the box, and put the box away. Yes, hide it. The next time you need a few minutes to finish a project or make dinner, take out the box and let the kids go to town. When they’re done, put it away again. Every so often, rotate the toys so that they’ll continually be surprised by what they find. Don’t think about the work involved in keeping the box up-to-date. Instead, focus on what you get out of this little strategy: a few minutes of peace, time to cook dinner, time to respond to an important e-mail that requires some serious thinking. Use it to your advantage, and the “Box-o-Fun” can be an effective tool.

### Make a List of What’s Going Well

Sadly, it’s much easier for us to focus our attention on what frustrates us than on what we most appreciate and value. We see this in our conversations with others. How often is it that the thing you just can’t wait to tell your spouse at the end of the day is positive? In our house, it’s more likely to be a complaint about something that went wrong. But what would happen if we chose to focus on the positive? Like sunshine on a flower, what we choose to focus on grows. And what would you rather see grow in your heart and your home? A long list of negative complaints, or a sense of purpose and hope about the direction of your life? So ask yourself, what is going well right now? What am I thankful for? To get the whole family involved in this effort, hang a large piece of butcher paper in your kitchen, and add a few thoughts each day. “I’m thankful that I can be at my son’s baseball games.” “I’m thankful that I can be here when the kids get off the bus each day.” “I’m really glad that I’m not spending money on a long commute any more.” What about you? What do you most appreciate about your life as a Home-Based-Working-Mom? ❖

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