



Mom Conference
Viewing Guides
2015

Want Responsible and Healthy Kids? Teach Them to Cook and Eat Real Food



Interview with Katie Kimball

from Kitchen Stewardship (www.kitchenstewardship.com)

Why is it important to get your children involved in the kitchen? 1:56

- Important life skill
- One on one time
- Doing something with a real purpose
- Building work ethic
- Teaches kids to be responsible and healthy
- Being involved with real food makes kids more likely to eat it
- Builds self-confidence

What do you think are the pitfalls involved in making "kid meals" and serving mostly "kid snacks" to our children? 6:16

How can we help our children understand why healthy food is important? 9:47

What should we do if we have a child who is a really picky eater and seems to honestly struggle with eating the foods we offer? 15:22

- Pickiness can be a way for them to assert independence
- Provide multiple options and think about letting them skip one thing
- Could something be behind the sensitivity such as Sensory Processing Disorder
- Consider food sensitivities and notice what they are craving

What are some specific tried-and-true strategies to use to teach kids to work with food? 26:20

- Help kids feel good about being in the kitchen – 26:55
- Praise their work – 28:46
- Break it down into small steps and explain everything in detail – 29:59
- Slow down – 32:49
- Demonstrate, help them do it, then let them do it themselves - 34:16
- Focus on the means, not just the end - 38:46
- Make it a relationship-building activity - 40:21

What ages are appropriate for which kitchen tasks? 44:11

Can you tell us more about your *Kids Cook Real Food eCourse*? 54:45

*** For your free guide to age-appropriate cooking activities and your free introductory lesson, go to <http://kitchenstewardship.com/MomConf>

Slow Down Family Life For Way More Space & Joy



Interview with Carrie Contey

www.carriecontey.com

What is the old vs. the new paradigm in our understanding of human development and parenting? 2:27

- Old view: baby comes as a blank slate we need to fill
- New view: children come as a whole person - a big being in a little body
- It is the parent's job to help children unfold into who they are and express themselves

How does the brain develop in early life? 8:49

- 15-20% of the brain is wired at birth
- Environment shapes how brain is wired and developed
- Hind brain or reptile brain: part that is wired at birth- survival skills
- Middle brain: limbic/mammal brain – starts to wire at six weeks and involves attachments, feelings and emotions
- Neocortex or “human brain” wires at 9-11 months and helps wire rational thought, how are things working
- Understanding what brain state others are in helps you relate and connect to them

Why is it important to slow down as a family? 19:06

- Slow down and connect
- Wiring and connecting in the brain cannot happen without a pause

How do we slow down? What would that look like? 21:24

- Slow down - find the pacing that feels good
- Connect - connect with yourself first and then others
- Enjoy - look at the little moments
- Make launches and landings (transitions) conscious and full of connections
- If you want to speed up, slow down

What is conscious parenting? 29:21

- Being self aware
- Being aware of where a person is in their development
- Being aware of your relationship and your interactions with others
- Being aware of where you are coming from - acknowledge what situations are framing your perspective
- Recognize that your children are not the same as you
- Recognize your child's different rhythms, preferences, needs, and strengths
- Learn to understand each other and how to “dance” together”
- Have an attitude of gratitude

- Put your attention toward what is working and see what is going well

Why is self-care so important for moms? 43:12

- We don't have infinite energy and we can't give from an empty place
- Our children need us to connect to and draw from our emotions

How can parents bring more joy and ease into family life? 49:12

- Learn new things and take time to rewire your brain

What is the Parenting Essentials Course? 51:19

- Focus on twelve essentials in twelve weeks
- Develop a new perspective on human development
- Expand your go-to tools for keeping family life flowing and knowing what to do in challenging moments
- Deepen your self awareness and be able to parent yourself when triggered by behaviors
- Videos and reflection questions guide you through each week

Take Care of yourself. Trust Your People. Choose Love. 59:04

** For more information please visit www.carriecontey.com/essentials

*** Use coupon code momconf to get your 10% discount on her Parenting Essentials Program

How to Raise Money Smart Kids

Interview with Rachel Ramsey Cruze

www.rachelcruze.com



Why is it important to teach your kids about money? 3:10

- It's your job to teach your kids about money; not schools, church, or credit card companies
- You're not just trying to raise great kids, you're trying to raise kids who become good adults – Andy Andrews
- Passing on life skills and building a good foundation
- Everyone is going to make mistakes with money, but you can't let your past dictate your future; teach your kids where you went wrong

What are the most important lessons for parents to teach their kids about money? 8:01

- Work. Know where money comes from. - 8:18
- Pay kids a commission, not an allowance
- Give, save, spend – 9:01
 - First thing you do with money is give it away. Live with an open hand.
 - Save for your goals
 - Teach them to spend wisely and to enjoy the money they earned.
- Though we want to give our kids the best life, that life comes with responsibility and a work ethic

How do these lessons vary from age to age? 21:49

- Keep it basic for little kids; show them, help them, teach them, & give grace
- Younger kids get cash instantly to show connection between work and money
- Some chores are done just because they are part of the family
- It's never too late to teach them
- Involve older children in discussions, be open about expectations, let them have input
- Teaching monetary skills is a GIFT to your children

How do you feel about parents giving their children an allowance? 32:25

- Be clear on what chores they get paid for
- Only pay for work done
- Commission rather than allowance

How does the way we handle our own money affect our children? 34:02

- Your children watch how you deal with stress (retail therapy, fights about money)
- More is caught than taught; your kids are watching and seeing how you handle your money
- Being aware of what you have and what you spend shows your children you have a stewardship

How can parents begin implementing these principles? 39:53

- Start with work
- Implement “give, save, spend”
- Start now, where you are, today
- Use small, teachable moments
- Empower them by giving them some control over money

*** To follow Rachel please visit www.rachelcruze.com or www.facebook.com/rachelramseycruze or @RachelCruze on Twitter

Life Balance

Aligning your values with your time

Interview with Christy Wright

www.ChristyWright.com



Why do women struggle with life balance? 2:38

- We don't know what balance looks like
- Balance is not an even split of our time
- Focus on being 100% present
- Align our time with things that are deeply important to us
- Our roles feel like our identity, but we are more than just those roles
- Remove yourself from a situation and gain a bigger perspective

Is it really possible to find balance in your life? 11:47

- Life balance is simply living from your values
- Align your time with what is important to you
- Your version of balance is going to be very different than others
- Write down your top five values and adjust your schedule to fit those
- Remember there are seasons to life
- Take care of yourself so you can offer who you are from a place of strength and not exhaustion

What are the steps we can take to help us find a better balance in our lives? 20:16

- Figure out what matters to you. 20:36
- Don't compare your priorities to others
- Identify what brings you joy and what deeply matters to YOU and then use these as your compass
- Stop doing things that aren't important to you. 21:57
 - Inventory your schedule
 - What is taking away your time from what is meaningful to you
 - What can you outsource, delegate, or move away from
 - Cut out time wasters
 - Protect what matters to you 23:57
 - Be willing to say no and set boundaries
 - Decide in advance

Why is the word "no" important? 30:17

If you have a problem saying "no" to people, what can you do to help with that? 30:52

- It's not just the right, it's the responsibility to say "no"
- An honest no is better than a dishonest yes

How can we support other moms in this? 37:54

- Personal and vulnerable choices should not divide us
- Focus on what we have in common and what ties us together

- Champion each other and encourage even in our differences
- One reason we are so quick to judge women who choose to do things differently than we would is we are not completely comfortable with our own choices
- Welcome to the club
- Love each other and extend grace.

Extend grace to yourself. You're doing a good job.

*** For more from Christy, please visit www.ChristyWright.com

The Positive Side of Misbehavior: Consequences that Work!



Interview with Amy McCready

from Positive Parenting Solutions (PositiveParentingSolutions.com)

You say there is a positive side to misbehavior- what is that? 2:37

- Misbehavior gives us important information

What are natural and logical consequences? 7:55

- Natural consequences - 8:36
- How do we allow natural consequences to really take place - 9:55
- Logical Consequences – 13:14

What is the “formula” you recommend for creating effective consequences? 16:23

- Respectful - 17:35
- Related - 17:56
- Reasonable – 22:06
- Revealed in Advance - 23:29
- Repeat Back - 24:59
- Reminder Strategy - 26:52

Further tips for effective consequences

- Work on one area at a time – 29:32
- Be serious and consistent with established consequences - 29:54
- Introduce rules and consequences at a family meeting - 31:33

Consequences for some common behavior challenges we hear from parents 33:36

- Mealtime Antics - 33:44
- Homework Hassles - 36:28
- Technology and Phone Rules - 40:27
- Fighting over toys – 46:03

What are the biggest mistakes parents make when using consequences? 51:47

Positive Parenting Solutions Online Course 52:50

- Comprehensive online training for parents of toddlers to teens
- 30 Toolbox Solutions
- 42 Training Videos
- 12 Advanced Training Modules
- LIVE Coaching Support (For Gold Members)
- much more

Use Coupon Code “momconference10” to receive a 10% discount AND a one-level upgrade for free.

Go to: <http://www.positiveparentingsolutions.com/webinar-special-pricing>

Gearing Up For Big Bumps in the Road

Interview with Jill Nystul

from One Good Thing by Jillee (www.onegoodthingbyjillee.com)



What inspired you to start your blog? 3:54

What led you to focus on one good thing per day? 5:58

- Focusing on one day at a time, one hour, one minute
- Find exciting things in life and have a passion to share them with others

Why do you think your blog has been so successful? 7:30

- Do something you're passionate about
- Have good content
- Develop a community to reach out to

How have your trials influenced your life, your blogging, and your current success? 9:00

- You don't know where life is headed, you don't know what is coming your way
- Learn to handle things one day at a time
- Trials and growing experiences make you more appreciative
- Addiction can happen to ANYONE; you are not alone

How did you reach out and get the help that you needed? 11:20

- Family extended unconditional love
- Realize you are the only one who can change you and make change happen
- Change motivated by responsibility to children

How did your trials specifically help you with your blog and current successes? 13:45

- Feeling of acceptance
- Everyone goes through something; do not judge others
- Gratitude journal exercise and finding one good thing brought new appreciation

What advice or strategies would you offer for others dealing with hard times and big issues? 15:24

- Hang in there; take things one day at a time
- Lean on others; ask for and get help – make sure you take care of yourself
- Remember the little things that bring you joy and hold on to those
- Don't suffer in silence; be honest with others
- Notice and celebrate the good things

What would you say to moms dealing with depression? 21:20

- A lot is genetic so be aware
- If something doesn't feel right - then it probably isn't

- Don't be afraid to ask for help and open up to others
- Try to recognize struggles and reach out to others who may be having difficulties
- Know things WILL get better; it will not always be like this
- Be willing to step forward & do hard things in order to work through hard things
- Remember life is long and there are different stages in life
- Look for creative outlets, but don't feel pressure to do things that overwhelm
- Don't be so hard on yourself & don't compare – that wastes time & energy

How can moms stop the depression and anxiety before it starts? 30:19

- Feeling connected to other people
- Find a creative outlet or any outlet you are passionate about
- Medication might be needed - don't automatically discount it
- Rely on a Higher Power or a spiritual base larger than yourself

Why is it vital for moms to take time to themselves? 32:16

- If mom ain't happy, ain't nobody happy
- If you don't take care of yourself, you're not in a condition to help others
- Watch what you eat
- Sunlight and exercise helps endorphins and health
- Time set aside for yourself- schedule it if necessary
- A self-sacrificing mentality depletes you and doesn't help anyone
- Healthy women have boundaries; model this for your children

How do you decide what is the best thing to do with your time? 38:57

- Know yourself and what you can handle, and then set and stick to boundaries
- Balance and prioritize
- Give yourself a moment to think things through and analyze before you commit

What advice would you give to moms with children with diabetes or any other challenging issues? 43:11

- Your children's issues really impact your own life
- Find a support group that is dealing with similar issues
- Don't let the issue take over your family; devote some of your time and energy to your husband and other children
- Take things one day at a time
- Be grateful for what you have
- Things look worse at night, take up the load later when you've rested and reset

Can you tell us more about your book "One Good Life?" 48:30

*** Jill's book "One Good Life" includes 75 Good Things by Jillee, 50 have never before been published, intertwined with Nystul's personal story, revealed in this book for the first time. Drawing from her own experiences, Nystul shows how she has overcome tremendous hardship to finally re-embrace her faith and appreciate, each day, one good thing.

Simple Habits for Clean and Happy Homes



Interview with Marla Cilley

from the Fly Lady (www.flylady.net)

How did you start? 4:42

- 1999 New Years resolution to “get organized”
- Not 21, but 30 days to make a habit - give time to give yourself grace
- First habit was to keep sink clean and shiny

How can we have a better relationship with the word perfectionism? 8:31

- Eliminate the word from your vocabulary and replace the word perfect
- Don't force the concept of “perfect” on your children; good enough is good enough
- Children show love in their actions; don't force “perfect” on their actions
- Do “good enough” regularly and keep up with the basics and then delve deeper into the details less often so the chore doesn't become something they dread

What role does attitude play in this whole process? How have you developed such a positive attitude about cleaning and housework? 15:53

- Focus on staying happy, peaceful & calm
- We know our signs when we start to feel stressed - learn to relax and breath
- Don't blow up; our negativity becomes the voice inside a child's head
- Practice calming yourself down and changing your attitude
- Teach in a loving way, don't stand over them and preach
 - (classic making the bed example!)
- Focus on the relationship building and not being a taskmaster
- Live in the moment and focus on having productive, healthy children and having fun with them
- Be happy with today and be fun with today so you can enjoy your child

How can parents get on the same page about positive attitudes, chores, and time with their children? 20:25

- Have a family meeting and apologize for expecting perfection
- Let them enjoy the job!
- Recognize that what we really want is to look back and remember the fun, the feeling, the emotions, not the clean house
- Have a nurturing environment where they can learn and love - it's all about the children

It's important that we don't see our homes as a reflection of our worth. 25:54

- Establish good habits for you
- Replace negative feelings with positivity and hope

How did you get the name “Fly Lady?” 27:45

- I used to teach fly fishing
- “Fly” is an acronym for Finally Loving Yourself
- Come to her for help on getting their house together and come away with a love for themselves

What is CHAOS and what does it mean? 31:39

- Can’t Have Anyone Over Syndrome
- You want your home to be the community house where your children bring their friends and spend time - so eliminate clutter and pick things up

What are the basic things we can do to recover from CHAOS? 33:30

- Let go of the word perfect
- Clean hotspots and clean surfaces
- Routines are simply habits you’ve established and strung them together into routines
 - Before bed routine
 - Lay out clothes, check calendar, get to bed on time
 - Morning routine (start 15 minutes before the flow of the family)
 - Dressed, makeup, shoes on!
- Keep a small hold on what you love - don’t completely give up things you love
- Remember that motherhood is the most important and that eliminating CHAOS is a gift you give to your family
- Eliminate the static in your life: the clutter, the noise, the distractions

How did this become something you shared with others? 48:07

- The start was an outline of how to keep from being sidetracked
- Start with self: let go of things - give away, throw away, eliminate clutter
- Started with an email group of people who wanted help
- Grew to the largest yahoo groups
- Grew through technology

What do you suggest to someone who wants to start, but is scared? 53:24

- Don’t look at the big picture, start with zones and small areas
- Get rid of things you don’t love and that are getting in your way
- Don’t get rid of things that empower you
- Let go of things so things can bless others and there will be more room for blessings in your life

Tell us more about your Premium Program 58:07

- One on one mentoring service
- Flyladypremium.com
- Coaches who know the system and help with empathy and firmness

How to Turbocharge Your Energy & Mood Immediately with the Right Foods



Interview with Jonathan Bailor

from SANEsolution.com

How much does the food we eat impact our energy and mood? Can we counteract poor eating choices with lifestyle choices? 3:35

- There is a direct one to one relationship between the quality of food you eat and the quality of your mood and energy level
- You can survive on lower quality food, but you can't thrive
- A sense of serenity, calm, and confidence comes when you are taking care of your body the right way

What do you see as the main pitfalls that keep mothers from the right foods? 9:13

- Focusing on perfection rather than progress – 10:00
- Prioritizing everyone else above yourself – 14:18
 - Put yourself in a position where you CAN serve

So what are the right foods? 24:05

- Health is the body without disease- having what is essential for human life
- Essential fats, amino acids, vitamins & minerals
- A spectrum of foods containing the essentials
 - Non starchy vegetables - 32:43
 - Nutrient Dense Proteins – 33:18
 - Whole Food Fats – 35:41
 - Low Fructose Fruits - 39:19

What is the process of healing our metabolism? 42:44

Does this work for our children as well? 44:57

If a mother is listening to this and decides she wants to start today, what would you suggest? 45:53

- How do I get more green vegetables into my fridge and into my family
- Eat more vegetables today than you did yesterday

What about grains? 48:59

How long will it take us to see a difference? 57:58

**To download Jonathan's free blueprints, please visit SANEsolution.com

How Every Woman Can Earn More And Make a Difference



Interview with Crystal Paine

from Money Saving Mom (moneysavingmom.com)

What inspires you to help others live a better life, budget, and find more purpose? 2:40

- Huge interest in information about frugality and saving money
- Wanting to encourage women
- Helping others get out of survival mode and live with more passion and purpose

What are the benefits to mothers finding ways to earn an income or increase their current income? 4:48

- Mothers contribute to the family economy by managing what they have well
- We need to view ourselves as contributors and as part of a team
- A sense of fulfillment comes from using our gifts to help our family and others

What would you suggest for moms who want to know how to start earning money or to know what they should do? 7:23

- Write down your life experiences, your gifts, and your talents
- Determine what makes you come alive not just what you have knowledge or experience with
- What CAN you be best in the world at doing?

What would you say to someone who might be doubting themselves or comparing themselves to others? 10:44

- It's good to do your research, but if intimidation is going to hold you back, don't go online and compare
- Focus on what you are good at doing and realize the world needs your unique talents and perspective

How do you find balance in your role as a mom and your entrepreneurial efforts? 17:48

- Change what we view as balance and see it as a process not an end
- Make constant, little tweaks in order to stay balanced and upright
- Learn to notice your warning signs in your life that indicate things aren't in balance

What process do you go through when you feel things are getting out of balance? 24:42

- Write everything down
- Use your spouse or a friend as a sounding board and have them help you prioritize
- Focus on just a FEW goals and stick with those
- Be flexible with your expectations for each day
- Comparison is always the thief of joy

If a mother were *just starting out*, what would you recommend she do first? 38:24

- Evaluate if you have space in your life -- not just in actual time, but emotionally and mentally -- to add something else
- Can you take things out of your life to make time?
- Write down what you are passionate about and what you CAN do
- Jump out and *do something*
- Set a few realistic goals and incorporate the small bite-sized pieces of your goals into your weekly schedule

How do you suggest mothers continue to educate themselves when they're busy caring for their families? 42:27

- Read good books
- Listen to good podcasts or audio books
- Watch people who are successful
- Ask questions and learn from all situations around you

Can you tell us more about your book? 48:06

- Do's and Don'ts in the process of making an income and setting up a business
- Using your business to make a difference and make an impact
- Live generously, live simply so others can simply live

**Crystal's book *Money Making Mom* is available [here on Amazon](#)

Simple Methods for Teaching Your Children Values



Interview with Richard & Linda Eyre

from valuesparenting.com and eyrealm.com

How do we know which values to focus on for our children? 4:44

- Not specific to any one religion
- Universal qualities and values

How do we teach values to little children? 6:14

- Find the simplest part of values so that even the youngest child can understand
- Break it down and focus on one each month
- Role-play – 8:52
- Praise and catching them practicing the value – 9:43
- Family meeting once a week
- Family dinner together

How and where do we find time to implement these methods? 10:15

- Sit down and have dinner together for a few nights a week
- Awards for demonstrating the values – 11:14
- Alexander's Amazing Adventures

Where do we start? 14:03

- Values are an "oar" for your children to steer and navigate
- Honesty – 16:34
- Sequential methods for various age groups
- Teach the terminology of the values
- As they get older you can teach them about consequences

Can you share some specific methods to teach courage? 21:13

- Praise the courage to tell the truth - don't leap to anger and consequences
- It takes courage to be a chicken
- Leader for the right
- Courage to try new things, encounter new foods, experiences

What about Fidelity and Chastity? 26:52

What is Peaceability? 31:13

- The Fighting Bench or the Repenting Bench - 32:41
- Acknowledging what you did wrong, apologize, hug
- Teach children to identify emotions and to try to overcome certain ones – 35:02
- Have children own their own behavior in the problem and to work things out for themselves

How do we teach our kids about self-reliance? 42:25

- “The Entitlement Trap” is a break off from that one value
- Economic System
- Don’t give kids handouts - have them work and take ownership
- Give smaller children choices
- Give 10%, Save 20%, Spend 70%
- Importance of making decisions in advance and write them down

Can you share a few thoughts on respect and other values in your book? 54:43

- Disrespect is a habit
- Start children over and have them try again
- Unselfishness – 55:37
- Taking turns and using a timer
- Learning to say “I’m sorry”
- Be sensitive to other’s feelings
- When you don’t know what do there is one answer: LOVE MORE - 56:35

Tell us more about Alexander’s Amazing Adventures. 56:568

- Helps you do the teaching
- Kids love them and they listen to them over and over
- Simple audio stories with music that are imaginative and entertaining!
- Each story is based on a value
- Power of Moms has a program that includes the stories as well as a parent supplement with scenarios, parent discussion guides, and an introduction to each value by the Eyre’s

**To learn more about Alexander’s Amazing Adventures, please visit <http://www.powerofmoms.com/alexanders-amazing-adventures>

Finding More Joy in Motherhood

Interview with Shawni Pothier

from 71toes.com



Why is it important to feel joy in motherhood? 2:11

- It's easy to get bogged down
- There are a lot of hard moments
- We want to feel and enjoy the love and how great motherhood is

Why is it often so hard to feel the joy? 5:22

- We get bogged down with the “stuff” we have to do
- We need to find joy in the moments

What brings us joy in motherhood? How can we find more joy? 7:18

- Cherish the moments – 7:36
- Look for the good – 15:30
- Avoid comparison – 18:45
- Practice gratitude – 22:30 & 23:06
- Do some self-analysis – 25:25
- Set up family systems – 32:16
 - Train kids to work
 - Set up solid routines
 - Keep going when it's hard
- Adjust your attitude – 44:37
 - Have family traditions
 - Live in anticipation of a memory
 - Balance “getting things done” with “treasuring the doing”
- Have Sunday Sessions -53:59
 - Take time for yourself to think through what has gone well that week
 - What do you want to work on the upcoming week
 - What characteristics do you want to develop in yourself or in your children
 - Find ways to incorporate building and growing yourself, your family, and your greater community
 - Where do you want to be in five years
 - What would you like your kids to be able to say about you one day
 - Work towards the person you want to become
- Focus on the love - for your children and yourself – 1:00:54
 - Step back and look at your children and think of what a privilege it is to be their mother

*To hear more from Shawni, please visit her at 71toes.com

The F.A.C.T.'s of Affordable Family Fun

How to afford vacations and adventures on any budget



Interview with Jordan Page

from FunCheapOrFree.com

Why is it that we all feel that everyone else on Facebook is going to Disneyland and on lavish family adventures, but not us? 1:56

- Social media can be deceiving - you often feel like you're missing out
- It's not about how much money we make
- It's about managing money well and making a plan for your money
- You don't need to make much money to have a lot of fun with your family

How can we find good deals on family adventures? 3:28

- Learn how to afford fun
- 70% rule; only spend 70%
- 20% savings
- 10% for donations, church, children's schooling, investing
- Weekly, not monthly budget
- Set aside extra money at the end of the week
- Budget vacations and fun in like it's a bill, set money aside each month
- Work backwards, make a plan, save
- Involve your children; have them help save and earn it

How do you make this all possible? 9:37

- F.A.C.T.'s of saving
 - "F": Find it Cheaper- never pay full price – 10:02
 - Travel at off peak times
 - Last minute deals
 - Buy flights individually
 - Travel with another family
 - Borrow & Lend

You say one of your best secrets to affording family adventures is to open your mouth and ask. Why is that? 14:50

- "A": Be Assertive; open your mouth and ask – 15:01
 - Ask for discounts
 - Ask for insider tips
 - Ask to borrow and trade; think of things you own as well as skills you have that you could offer as a trade
 - Instead of saying, "We can't afford it," say, "How can we afford it?"
 - Make a bucket list of what your dreams are or what you want to do

How do you plan out all the fun things you want to do together? 22:24

- Sit down and plan out what you want to do for the year and roughly schedule it
- As each month comes, plan more specific dates and details
- Involve kids, ask their input, post it so they can see

Why is being creative so important? 25:58

o “C”: Be Creative – 26:12

- Use it up, wear it out, make it do, or do without
- Reuse, repurpose, recycle, DIY
- Earn extra money
- Capitalize on your interests and skills
- Spending money on something should be a last resort

What would you tell us about all the great resources out there? 29:52

- “T”: Take Advantage – 29:58
- Timeshare presentations
- Enter contests, coupons, deals, sweepstakes
- Swap homes with someone who lives in a place you’d like to go
 - Love Home Swap
 - VRBO: Vacation Rental By Owner
 - Airbnb
- “Toy” Shares
- Use Jordan’s knowledge and resources

***For more from Jordan Page, please visit www.FunCheapOrFree.com or to preregister for her upcoming Budget Boot Camp that will start in January.

What is Happening in the Brain of a Child?

Helping Children Overcome Learning & Developmental Challenges

Interview with Dr. Robert Melillo & Tammy Bingham

from DrRobertMelillo.com



Dr. Robert, how did you get into researching the brain? 1:54

Tammy, how has Dr. Robert's research helped your own children? 5:40

What is going on in a child's brain when they are having learning, behavioral, or academic challenges? 11:34

- Recognizable unevenness of skill or imbalance of a child's abilities
- Disorders often based in one hemisphere of the brain

What are the differences between the hemispheres of the brain? What are their functions? 15:47

- Your left brain is all about details: logical, linear, verbal language, spelling, reading, writing, dominant functions, sequential information, pattern recognition, & repetition – 15:52
- Right brain controls your social, emotional and attachment side. It looks at the big picture, not in details, controls big muscles, very spatial and connected to inner ear, controls eye movements, responsive to facial muscle, non-verbal communications like social cues, tone of voice etc. – 19:07

What causes these developmental challenges in our children? 32:42

- Environmental and lifestyle factors
- Age, diet, hormone levels of parents

How does technology affect the brain? 35:52

- Direct effect on both hemispheres
 - Stimulates Left side & Inhibits Right side
- Young children should not have screen time at all
- Limited screen time after two or three years of age
- Imbalanced brains are prone to an addiction of technology
- Too much technology can cause a GREATER imbalance in the brain

How does diet affect the brain? 44:23

- When foods can't be digested properly they can cause harmful opiates
- What you eat impacts your brain similar to alcohol impairing judgment and cognition

What environmental factors affect the brain? 56:01

What things do moms need to be aware of? 59:52

- Note children's milestones and when they hit them; regardless if they have a diagnosed challenge - be mindful of delays
- Be aware of their primitive reflexes; there are primitive exercises they can do at home to strengthen them if they are delayed
- Moms need to trust their intuition if they think there is a problem
- Be aware of what in their own lifestyle will affect their children

What can we do today to help our children if we think they might have a delay? 1:08:34

- Read the book *Disconnected Kids*
- Visit the website drrobertmelillo.com
- Watch your child for any delays and note unevenness of skills
- For more help and accountability, seek out a Brain Balance Center for a comprehensive assessment: brainbalancecenters.com

What benefits did you see after working with a Brain Balance Center? 1:14:11

Kids with an imbalance are often gifted. They have areas of the brain that are typically stronger than most and they are more prone to having an imbalance.

**For more information from Dr. Melillo, please visit www.DrRobertMelillo.com

**To learn about Brain Balance Centers, please visit www.BrainBalanceCenters.com

Five Steps to Less Stress

Interview with April Perry

from powerofmoms.com & LearnDoBecome.com



Why do so many moms feel stressed out and overwhelmed? 2:26

- Volume of information coming at us in a day
- There isn't enough space in our brain to handle or remember all the information

What problems have these 5 Steps to Less Stress solved? 6:51

- Enables us to be present in our relationships
- Gives us the ability to breath
- Allows us to contemplate new things that bring joy into our life
- Allows us to have a sense of development and that we are progressing
- Helps us move past chaos and thrive as a mother

Can you walk me through the five steps? 12:22

- Set up your calendar so that it works for you – 12:41
 - Only include what HAS to get done that day- not routines, not “wants”
- Create “Next Actions” lists – 14:25
 - Home
 - Phone calls
 - Errands
 - Agendas
 - Computer
- Get your email inbox empty by using folders & filters to organize messages - 20:20
 - Download an ebook about this at Powerofmoms.com/whirlwind
 - Next actions list for email
- Assign a Read Review basket to minimize the pile of papers you receive daily – 24:26
 - Items you want to read through, but don't have a set deadline
- Use the “two-minute” rule – 27:24
 - If something comes to mind and it will take less than two minutes to accomplish- do it NOW

What could a mother do if she wanted to start TODAY to feel less overwhelmed? 30:37

- Figure out your pain point
- Choose one of the steps to start with

How can following these 5 steps change a mother's life? 34:35

- Are you enjoying the process of motherhood as much as you could?

Tell us more about the Mind Organization for Moms program? 37:55

- Full explanation of the program including many photos & videos
- Step by step instructions and videos to help you implement the full Mind Organization program in JUST TWO WEEKS
- Regular coaching emails to offer ongoing ideas and support
- Regular price \$120, Coupon code momconf gets you a \$25 discount
- Visit powerofmoms.com/mind-organization

Sibling Rivalry

Raising Siblings to be Best Friends



Interview with Dr. Laura Markham

from AhaParenting.com

What prompted you to write a book on sibling rivalry? 2:02

- Such a common problem that pushes so many buttons for parents
- We can't eliminate conflict, but we can give our children tools to work through it and to strengthen their relationships

How do we teach our kids to resolve conflicts and preserve the relationship? 3:48

- Start by regulating yourself
 - Calm yourself down, deal with the emotion
 - Find a constructive response
- Teach them to calm themselves
 - "It's not an emergency"
 - They learn by example and from us modeling the behavior
 - If we are calmer with our little ones, they build a brain that is calmer

Is it ever too late to change the way you parent? 9:14

- Brain is somewhat plastic, adaptable and moldable
 - Find a mantra to help you through challenges
 - "It's not an emergency," "They need love most when they deserve it the least," or "Choose love."
 - Remember parents can escalate or calm the storm
 - Breath, water on the face, shake hands, have a different thought

After we calm ourselves down, what do we do next? 15:27

- Connect with the other person and acknowledge their feelings – 15:31
- Realize you can't control another person
- Equip them to handle situations when you aren't with them
- Parents are not permissive, but act as a leader
- Don't step in and become the judge and jury
- Hear all sides of the problem and model listening; don't let the other child interrupt - they will have their own turn to share their perspective – 22:24
- Touch both children – 23:25
- Acknowledge that you've heard them – 24:50
- Describe the problem you've heard – 26:17
- "I wonder" – empower them to come up with solutions for themselves – 29:16
- Praise & encourage creative thinking, generosity & problem solving skills - 32:43
 - Empower them to come up with a solution on their own
 - Encourage children to express how they feel and to express their needs
- Help them think through the results of their solutions – 37:34
- Enjoy the creative process and engaging with them – 39:08

What can we do to foster a good relationship between our children so they become good friends? 40:45

- The more positive interactions two siblings have, the closer they will become
- Find things they like to do together
- Create rituals and find ways for them to connect
- Create a supportive family culture

Why is laughter an important part of fostering relationships – especially a sibling connection? 47:00

- Laughter is infectious
- We can help others feel better when we lighten the mood
- Laughter transforms your energy – combine with physical activity

How do we help our children change their attitude and energy? 52:41

- Connect and empathize
 - “I wonder what you could do...” - Empower them, not control them
- Bring in the fun & laughter
- Sometimes they just need to cry
- If they don't need to cry, help them notice how they feel, breathe deeply and engage the problem-solving skills

What can we do as mothers to take care of ourselves, to better take care of our children? 58:49

- Utilize quiet times - like naps
- Nap if your children nap
- Nurture yourself instead of wasting time
- Find something that is soul-satisfying or that re-energizes
 - Meditate
 - Google “Stress-Free-Kids”, “Tara Brach,” etc
 - Exercise
 - Prayer
 - Do things that bring you joy
 - Brain is wired for negativity
 - Tell yourself, “I am more than enough”

What do you do when you don't handle things as well as you'd like to? 1:05:45

- Realize you can't do everything perfectly - do your best and resolve to do better
- Practice
- Acknowledge yourself and positive things that happened
- Pick one thing from a “Joy” list to do for yourself every day

***For more from Dr. Laura, please visit her website www.AhaParenting.com, sign up for her free newsletters, read her books “Peaceful Parent, Happy Kids” and “Peaceful Parent, Happy Siblings.” For the first time, Dr. Laura is teaching a three-month online parenting course. Sign up on her website.

5 Key Strategies to Achieve Your “IDEAL” Body

Interview with Holly Rigsby

from FitYummyMummy.com



What sets you apart and makes you different than other fitness coaches? 2:04

- Help busy moms become the best versions of themselves
- There is more to life than a number on a scale
- Overall quality of life
- Ability to grow and improve in all areas of our lives

What is the “IDEAL” body? 4:01

- Five strategies to help you achieve an “IDEAL” body
 - “I”: Improve – 5:26
 - New habits that you practice every single day
 - Show up and do your best every day
 - “D”: Daily Movement – 6:22
 - More than just a daily workout
 - Move your body outside of workouts
 - 15 minute workouts focusing on strength training
 - Improve body composition
 - “E”: Eat to Nourish – 11:39
 - Drop the diet mentality
 - There is no one-size-fits-all diet plan
 - Find out what foods work best for you
 - Fill your body with whole foods
 - Produce & Protein at every meal
 - Small tweaks and improvement every day that become lifestyle changes
 - “A”: Authentic – 17:44
 - Find what you love and what makes you excited
 - Love your body despite your imperfections
 - Be true to yourself
 - Choose things that are most important to you
 - Stop comparing yourself to others
 - “L”: Living Life to the Fullest – 21:30
 - Live in the present
 - Don’t postpone happiness – live joyfully
 - Life doesn’t have to be epic to be meaningful
 - Keep a gratitude journal
 - Where do you find your joy
 - Don’t overlook the little amazing things

What are some obstacles that women face as they try to achieve an IDEAL body? 24:29

- Fear
 - Fear of failure so we don't try, or we give up too early
 - Perfectionism is a myth; failure is feedback
 - Without failure there is no growth
 - Focus on the process or the journey
 - Comparison has us striving for unrealistic goals
- We overcomplicate and overwhelm ourselves with an “all or nothing” mindset
 - Take things bit by bit and enjoy the journey
 - Get rid of the guilt that drains
 - Focus on how you are getting better every day

What commonalities have the most successful moms you've worked with shared? 33:55

- Mindset shift
 - Mistakes do not define them; they are opportunities to learn
- Forgiving, learn, & get back on track
- Put themselves on their priority list
- Embrace their imperfections
 - Comfortable & Confident in their own skin
- Focus on the process & the daily wins (vs the end goal only)
- Let go of the search for quick fixes
- They have accountability & support

How can a mom get started today on the path to achieving her ideal body? 38:28

- Three step starting point
 - Decide you are no longer going to stay where you are
 - Start; take action now
 - You don't have to have it all figured out to move forward
 - K.I.S.S.: Keep It Simple Sweetheart
 - Simple, daily, baby steps
- Start with self care
 - How you move, nourish, and how you are mindful

Making a decision takes a moment. Living that decision takes a lifetime. Make the right one.

** To get the Fit Yummy Mummy Fat Loss System go to www.fityummymummy.com

Healthy Eating Hacks

Interview with Desiree Ward

from UnconventionalKitchen.com



What started your passion for healthy eating? 2:13

What would you tell moms who want to start eating better? 4:32

- Start simple
- Pick one meal and start improving
- Attitude & making healthy eating fun & positive
- Stick with it - this is a process & the positive benefits will come

How do you have time to cook as a busy mom? 6:51

- It all comes down to planning
- Make it a priority and plan time for it
- Feastie.com
- Use up ingredients in other meals
- Sunday is a prep day for the rest of the week
- Do as much of the work (chopping, etc) in advance to make things faster
- Yummly app
- Involve your kids – have them pick some things for upcoming meals

What are some of your healthy eating hacks? 17:01

- Batch cooking – 17:07
 - Make your own dressings: prepare a big batch, blend it, and freeze some
 - Save time on prepping, dishes, & cleanup
 - Boil a whole carton of eggs at once, use throughout the week
 - Utilize your crockpot! Prep meals that you'd cook in a crockpot, freeze them with instructions on the bag, pull out when you're ready to use
 - Precook meat (in crockpot!) and then freeze it with ingredients for future crockpot meals or use meat in other meals later in the week
- What vegetables can you prep in advance and how?

What do you serve for breakfast besides cereal? 32:01

- Toast, eggs
- Overnight oatmeal
- Muesli recipe with shredded apples, oats – 33:35
- Chia pudding

What ideas do you have for healthy snacks? 35:26

- List all healthy snacks available and put it on the fridge
- Frozen grapes or mangos
- Make your own popsicles

- Fruit leather
- Dates: roll in coconut or dipped in almond butter
- Applegate lunchmeat wrapped around string cheese – 37:17
- Make your own lunchables – 37:39

What are your suggestions for portion control? 39:06

- Use smaller plates
- Eat your healthier, more nutrient dense foods first
- Read book “Mindless Eating” – 40:00
- Don’t make foods “forbidden”
- Mash up avocado and add it to your hummus

How do you prepare greens? 44:17

- Big bag of prewashed kale and put it the freezer
- Build your own salad in a mason jar - 45:14
- If it’s not simple, you won’t stick with it

What are your favorite meals to throw together when you have nothing in the house?
48:08

- Breakfast quesadillas – 48:40
- Check your freezer – 49:36
- Madras Lentils – 49:55
- Costco salads without dressing – 50:36
- Breakfast for dinner – 51:44
- Ham fried rice – 52:59

How do we teach our kids to love vegetables? 53:50

- Find out what your kids like and add those foods to what you’re cooking
- Roast the vegetables
- Offer a dip for them to have with it
- Check your attitude
- Give them options over and over
- When you introduce the food, make it in a way they’ll love it
- Make it a game
- Teach kids the benefits of eating healthy foods
- Grow a garden together as a family

Tell us about your Real Foods Made Easy Program? 1:00:44

- Twelve classes with over 500 recipes & 50 videos
- Desi takes you in the kitchen and shows you how to do things
- Family friendly meal plans with whole food ingredients & all tested on kids
- Recipes for eating with allergies or dietary needs
- Discount \$50 off the program for viewers using the coupon code “momconference”

**To sign up for Desi’s Real Foods Made Easy Program please visit
www.unconventionalkitchen.com/realfoodsmadeeasyprogram

The Three Basic Systems Every Family Needs



Interview with Saren Loosli

from PowerOfMoms.com

You say there are three systems that every family needs to create. What are these systems? 2:09

- Family Legal System (rules and consequences) – 2:16
- Family Economic System (chores, allowance, etc.) – 2:36
- Family Culture (traditions, shared identity) – 3:07

Why are these systems so important? 4:03

What are the key principles to setting up a great family legal system? 10:00

- Simple and short list of rules (stated as do's rather than as don'ts)
- Clear, logical, natural consequences – 14:11
- Involvement of all family members in deciding rules and consequences
- Consistency is key

What are the key principles to setting up a great family economic system? 22:39

- Teaching children about work and money
- Decide what children will need to purchase with their own discretionary money
- Decide how they'll get this money (allowance vs. pay for initiative)
- Determine children's responsibilities for housework
- Set them up for success with housework responsibilities - make it very bite-sized, clear and positive

What are the key principles to setting up a great family culture? 47:01

- The relationship building glue that holds the family together
- Building a family identity – 47:25
- Come up with a song or cheer or motto that helps you think about who you really are together and what's important to your family
- Make daily "rituals" and weekly traditions part of the fabric of your family
 - "I love you rituals"
 - Bedtime rituals
 - Mealtime rituals; sweet, sour, service
- Make your holiday traditions truly meaningful and something that your family will look forward to

Can you tell us more about the Family Systems eCourse offered by Power of Moms? 56:52

The Family Systems eCourse includes:

- **Sixteen targeted weekly assignments** that will guide you and your spouse through the entire process of setting up all three family systems
- **An email every Sunday** that walks you through the assignment for the upcoming week (each assignment takes about an hour)
- An exclusive **Family Systems Facebook Forum** where you can ask questions, share photos and tips that work for you, and network with like-minded parents who are working on similar goals
- **Question and Answer Webinars** for each of the three family systems by program founder, Saren Loosli and our Family Systems Coaches
- **24/7 Access** to all assignments and materials involved in the eCourse
- A **frameable Certificate of Completion** once you've finished the course
- **Exclusive Bonus Materials:** Our full Deliberate Mothering Podcast Series (\$25 value), our "Boundaries and Margins" Webinar (\$10 value), and our Family Life Audio Series (\$20 value)
- **LIFETIME ACCESS** to an ever-growing library of resources including videos of families putting their programs into action, photos of the materials other families have put together, and fresh podcasts and posts

Price: \$197. Mom Conference attendees use “momconf” as their coupon code and get \$35 off.

**To register or learn more about the Family Systems eCourse, please visit

<http://www.powerofmoms.com/family-systems>

Intentional Living



Interview with John Maxwell

JohnMaxwell.com

First, can I ask you about your family? Are you married? Do you have children? 2:02

Why did you write a book on the subject of Intentional Living? 3:14

- Growth doesn't just happen; it has to be intentional
- Anything worth having comes from intention
- Good intentions have never done any good - you need good actions as well
- Change from "someday" to "today" & from "I wish" to "I will"

In the book, you say that everyone's life can be a great story. Why do you believe that? 9:03

How does intentional living apply to moms raising their children? 14:48

- Intentional living is for anyone who wants to make their own life and the lives of others around them better

Is there an easy way to become more intentional immediately? 17:22

- Start small, think big
- "Seven-day experiment"
 - Daily intentional
 - Watch with children and then sit down and discuss how to implement
 - What are we going to do intentional to add value to someone's life?
 - www.Getintentionalnow.com ** SEE NEW LINK BELOW

In what ways were your parents strategic about teaching you to be an intentional person? 24:00

- Practiced intentional living themselves
- Paid allowance for reading books the parents chose – 24:55
 - Dinner discussions about books they were reading
 - Half page report on the books

Were you and your wife, Margaret, intentional raising your children? 32:37

- 5 things they wanted their children to understand and value as they grew up
 - Relationship Skills
 - Self Image
 - Faith
 - Attitude & How a Person Thinks
 - Generosity
- Provided space, means for son to work with hands (story) – 35:17

- Find your child's strength and then resource it and feed it – 37:57
 - It's probably their purpose in life
 - Help them find their "why" by finding their strengths and what they are passionate about
 - If you're not strong in that area - find someone who is

How are you intentional with your grandchildren? 38:56

- Annual trip with family
 - Retells a story about them at the end of the trip with the grandkids as the main characters- something they all look forward to
 - Build memories together
 - Spend time doing things they love or that incorporate what they are learning
 - Teach manners and adding value while using their strengths

If there is just one thing you want moms to take away from the message of Intentional Living, what would you want it to be? 43:11

- Seven Day Experiment at www.GetIntentionalNow.com ** NEW LINK BELOW
 - Four minutes a day
- Book Intentional Living was newly released on October 6th

The greatest contribution anybody can make to the world is to add value to their children and make that next generation better.

**John Maxwell sent us a better link to use for a 30 day Intentional Living. To view the site, please click here: http://clicks.johnmaxwell.com/aff_c?offer_id=9&aff_id=21&file_id=467

Today's Teens, Tomorrow's Titans

Interview with Rich Christiansen

www.ZigZagPrinciple.com & www.TeenParentChallenge.com



Why did you want to write this book? 1:50

- Help the young, rising generation
- Doesn't want to PAY for his sons to do things, but will help to enable them to provide for themselves
- Book is co-written with his son showing how parents and teens can better connect and strengthen their relationship

How did you create a warm environment in your home? 3:46

- Interact and do things together as a family
- Fill home with love; it is welcoming and safe for family and others
- High expectations but not too many rules
 - Enjoy your time and have fun
 - Don't micromanage every choice
- Throw in some really good food
- Teach, not control, and give them opportunities to grow and reward them for learning

What happens when your sons make a mistake? 7:22

- Everyone makes mistakes and you are still loved
 - Just don't make the really big mistakes
- Give people latitude to learn, grow & experiment
- Support and love each other even with trials and mistakes
- Always extend forgiveness
- Learn from natural consequences
- Talk early & often about the big mistakes they should avoid
 - Open and honest about tough topics; sex, drugs, etc
 - Don't have "forbidden" topics
- Use mealtimes as a safe, talking, connecting time to keep the lines of communication open

How do you set goals as a family? 13:38

- At the start of every summer their sons would make a "Napkin List" or goals for the summer to do with their friends
 - Self driven
 - Fill summer with fun things instead of wasting time
 - Hang goals up in the home so its visible
 - Their ideas that they commit to and sign

- What do “Christiansen boys” do?
 - Self guiding, self actualizing vision of themselves
- Yearly goals
 - No more than one page
 - FUN, interesting goals
 - Goal setting should not be painful

How did you create a family mission statement? 20:02

- Guiding doctrine in their family- started before they had kids
- What do we want as a family, or for our family?
- Write it and then you become it
- Read it to the kids throughout the year
- Put boundaries of what you want for your family and where we are going
 - Outline expectations and goals of what you want your family to become

How do you use doctrines, rituals, and symbols in your family? 24:45

- Religions and Countries both need three things
 - Doctrines: teachings, stories behind why you do what you do
 - Declaration of Independence, Paul Revere, Valley Forge...
 - Symbols:
 - Flag, Songs, Statue of Liberty, Golden Gate Bridge etc
 - Rituals:
 - Hand over heart, standing for the flag, etc
- These apply to families as well
 - Doctrines- knowing what you stand for and what expectations are
 - Family mission statement
 - Symbols- Visual representation
 - Posted goals, family logo – 28:54
 - Rituals or Traditions
 - Buried treasure and tree up in the mountain – 30:57
 - Singing to the trees the Johnny Appleseed song at sunset at the cabin – 32:32
 - Present new daughter-in-laws with an engraved ring with the family logo and have a “swearing in” – 39:18
- Traditions (Doctrines, Symbols, & Rituals) bind us together and ground us
 - Formalize them 39:18

Why do you take your kids on a trip when they turn twelve? 40:39

- Help children be world-aware by visiting a 3rd world country
- Let child know that they matter to me and strive to connect and bond
- See the world how it really is and see how blessed we are
 - Try to get away from sense of entitlement
 - Eye-opening

- Teach them coming of age things: what it means to be a strong, good man
 - Protect
 - Provide
 - Preside: lead out in doing good things with his wife and family
- Shows how closely we can relate to their other's emotions and desires

How do you teach your children to work hard and not be entitled? 48:26

- Downplay instant gratification
- Do hard things- if it isn't hard, everyone else would be doing it and it's not worth doing
 - Climb mountains
 - Private victory, not public
 - Celebrate the victory
- Teach them about work and money
 - Give them opportunities to earn money
 - Rental properties provided opportunities for hard work
 - Responsibility and accountability for their money
- Doing the hard things are so much more rewarding
 - It's a progress: example of increasing the number of steps before resting and breathing
- Don't take away all the hard things or all the pain- that is how growth occurs
 - Self confidence develops
 - Private victories develop an inner sense of who they are and the ability to stand alone

How do you teach kids about finances? 55:25

- Have kids divide their money into different jars/ bank accounts
 - Charitable giving of at least 10%
 - Missions, College, or future savings 30%
 - Short term savings 20%
 - Spending 40%
- Have a way for them to earn their own money
 - Accountability for money and finances

Tell us about the book you wrote together. 58:19

- 21 values written by both he and his son
- Fun, vibrant, real stories that teach values and principles
- Action or challenge that can be taken by parents and teens (five minutes)
- The teen-parent challenge: www.teenparentchallenge.com
- Guarantee: if it doesn't impact your relationship with your teenager, money back and then YOU find most useless, boring book and they'll refund the money for that book too

What is your favorite story from the book? 1:02:08

- The view from the top