



**Happy Mother's Day!**

Mother's Day is Sunday May 13th and this newsletter is devoted to ways that mom's impact family life. Below are some tips to support all mothers' well-being at work, at play, and at home.



**Mom's at Work**

Whether you are returning to work after maternity leave, working from home, or have been working for years while being a parent, it can be a big struggle to find the right balance between your work life and home life. Busy days at work can drain you of energy. Many mothers have a hard time finding ways to be both good employees and and

**moms. But what moms need to know, is they are not alone and that these struggles are common to all working mothers.**

## Mom's at Play

Playtime for moms is just as important as playtime for children. Studies show that moms who have good supports from friends and family are in better health, have less stress, feel like they are good parents, and have better relationships with their children. This means that it is important that moms continue to build and grow their friendships outside of their household. **So moms, go out and have a playdate of your own!**



## Mom's at Home

Your home should be a haven from all the outside struggles you face. However, home life can be stressful if all the household responsibilities fall on you. To make sure your home is a safe and supportive space for you and your child, find a supportive, share the workload. There are many chores your children can do to help you. Setting the table, picking up toys, folding towels, and wiping the counter are all examples of easy tasks children can do. **That "me" time can help you unwind and keep the home sweet.**

For more articles like this one see

[Oregon Parenting Together](#)

Need a fun Mother's Day activity to do with your young children? Try this!



### FUN WITH YOUR KIDS!

#### Make a Hand Print Bouquet!

Trace your child(ren)'s hands on different colors of construction paper. Cut out the hands and tape them to popsicle sticks. Then place them in a vase or a pot and you've got a one of a kind bouquet!





Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness.

**Do you have a newborn or a child up to the age of 1 on September 1?**

Join the Marion & Polk Early Learning Hub and the Salem Clinic Medical Foundation at the Salem Public Library for a fun-filled workshop for you and your baby to gain new abilities related to the wonderful changes that happen so fast at this age. **Free dinner, take home toys, and childcare.**

**Session 2: Thursday, May 31st 6:00-8:00pm**

**Session 3: Thursday, June 7th 6:00-8:00pm**

Register soon as class space is limited to 20 spots for English and 20 spots for Spanish!

[Click here to register for the English Session](#)

[Click here to register for the Spanish Session](#)

**To find more Ready! workshops visit our [calendar!](#)**

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## Blog of the Month



"Play nice!" Goodness, I'd be a wealthy woman if I had a dollar for everytime I said that to my kids as they dashed out the door to play with the neighbors. After the millionth reminder to my kids to "play nice: it dawned on me...just what does "playing nice" really mean?

**-- Read More --**

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## Kindergarten & Preschool Registration is OPEN NOW!

By enrolling your child early, your school is able to prepare the best possible education for your child. Many schools offer a kinder jumpstart program to assist with transition into kindergarten. Find a [preschool](#) or your local [elementary school](#) on our website.

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## Upcoming Parenting Classes

### Abriendo Puertas/Opening Doors

*(English & Spanish)*

Auburn Elementary

4612 Auburn Rd NE

Salem, Oregon

Every Tues., April 3-June 5

5:30-8:00pm

Call (503) 399-3128 to register

### Mind in the Making

*(English & Spanish)*

Oregon Child Development Coalition

4611 Lancaster Drive NE

Salem, Oregon

Every Thurs., April 3-May 31

5:30-8:00pm

Call (503) 383-5632 to register



### Make Parenting a Pleasure *(English)*

Lyle Elementary School

185 SW Levens St

Dallas, Oregon

Every Tues., April 3-June 5

4:00-5:30pm

To register visit the [event here](#)

**For additional classes in Polk County  
visit [Mid-Valley Parenting](#)**

**For additional classes in Marion County visit our [calendar!](#)**

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.



### **Vroom Tip**

Does your child have a difficult time saying goodbye to you? Try telling them a story about a child or animal that says goodbye to their parent: "Just like you, the bird felt sad, but after playing with their friends, they had a wonderful story to tell when they got home."

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

**OR**

### **More Vroom Tips**

Sign up for weekly brain building text message by texting CHILD to 48258.

