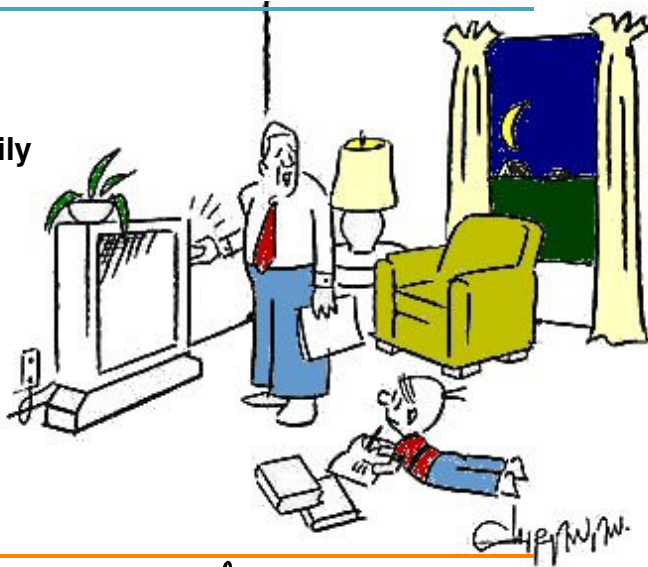


The Fun House

" Please stand by.

You have temporarily
lost your picture.

Broadcasting will
resume when you
have finished your
homework."



Joy Rides

Look!

The Lord delights; in those who fear him, who put their hope in his unfailing love. - PSALM 147:11

Man, just look at that boy!"

I looked. That boy, my son, was sitting on the grass with a magnifying glass, gazing at a ladybug.

"What is it, Pop?" I asked William, my father-in-law.

"Just look at him. He's brilliant! How does he know how to use one of those?"

"You just look through it," I said.

"Well, I know that, but look at how he's looking through it."

I looked. It looked pretty standard to me. Not to his papa, though. Everything Christian did was special, from the way he ate his cereal to the way he flushed the toilet. William died unexpectedly in November 2000, and every day when Christian is doing even the most simple of tasks, I hear in my head, "Man, look at that boy!"

Do you know that's how God feels about you? Sometimes as we grow older we lose that sense of being special-or perhaps you never had it to begin with. To God, you are a delight and a joy. He watches over you, marveling at you his beloved child. When you go to sleep he is with you, and when you wake up to begin a new day he is right beside you. When you speak a kind word, reach out and help without being asked, refuse to take offense, cover a sister with love and grace, listen carefully. You might just hear him say, "Just look at that girl!"

Abba Father, thank you for the joy in knowing that you delight in me and that your love never fails. Amen.

~ Sheila Walsh (find more devotionals at www.sheilawalsh.com)



Here's The Scoop February 2009

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Praying For Your Kids: 5 easy ways to get started

Author and speaker Susan Alexander Yates offers great advice for the mom who would like a little more direction when it comes to praying for her kids:

Get Organized - Use a notebook and divide it into seven sections, one for each day of the week. Choose a specific child or need to pray for on varying days. This way you won't feel like you have to remember everything and everybody every day.

Ask What Your Child Needs - Perhaps your elementary-school-aged daughter's struggling to find friends or your teen's questioning his faith. Ask God in the weeks

ahead to reveal specific things you should be praying about for each of your children. If you're a single parent, do this with another mom or couple, and agree to pray for each other's children over the next several months.

Use Prayers From Scripture - When I don't know how to pray specifically for one of my children, I head directly to God's Word, which contains wonderful prayers. For example, Ephesians 1:17-19 is a beautiful prayer. So is Philippians 1:9-11. Insert your child's name into the prayer wherever it says "you".

Expect God To Answer - I've found His answers generally fall into one of three responses: "Yes", "No" or "Wait". If the answer is "wait", you may find yourself wondering if God hears or really cares. But God hears your prayers - and is at work in your child's life!

Remember Who's In Control - The task of praying for our kids can often overwhelm us. But don't forget, your children are God's children first. He knows them better than you do - and loves them more than you do. He also knows the plans he has prepared for them (Jeremiah 29:11). God's your partner in parenting; it's not all up to you.



Imagination Station

Why It's Normal for Children to Be Picky Eaters

Coping with a picky eater?

Sure, you could sneak vegetables into your kids' food through stealth tactics. You could make vegetable animals out of your kids' food. Or you could bribe or punish them.

All of those are viable strategies that can work. For some kids. Some of the time. The problem with all of these helpful hints is that none of them



addresses the real reason why kids are picky eaters. The good news is that once you understand the science behind the picky eater syndrome, you can cure it. Guaranteed.

Picky Eaters Are Born

The secret is to nurture a child's developing palate in the same way we nurture their physical, mental and emotional development. We don't move a baby from the crib to the top of a bunk bed overnight & we don't give a preschooler a ten-speed when he's just learning how to ride a bike.

The Deck Is Stacked Against Vegetables for Kids

Studies show that it is natural for children, especially toddlers & preschoolers, to be wary of new foods. Toddlers are just beginning to learn what food is and what it isn't: "Oh gee, that plastic telephone I've been munching on since I was six months old isn't food?"

Why Adults Aren't Picky Eaters: The Solution That Works for Everyone

So how come the majority of adults aren't still eating only chicken fingers & mac 'n cheese? Because we grew to accept new foods, just as we grew to learn how to sleep in big beds & ride ten-speed bikes. It is your job to guide your picky eater through these growth experiences the same way you guide her through learning to walk, read & swim.

Tips for Broadening Your Picky Eaters' Palates

1. Put broccoli on the table every night for a month.
2. Don't force him to eat it. Don't even suggest he eat it. And whatever you do, don't judge his reaction when he tastes it (*or spits it out, as the case may be*).
3. Just have it there. Let him see you eating it and enjoying it. (*If you don't enjoy it, choose a vegetable you do like. You can't fake good modeling.*)
4. Finally, make sure the atmosphere at the dinner table is pleasant, light-hearted & calm.

Don't expect your child to gobble up that broccoli the first night. But over time, if you keep offering it, avoid forcing him to eat it, & enjoy it yourself, he will come to accept it.

Tomorrow Land

Mark Your Calendars!

Don't forget to make room in your schedule for our special events!

- Friday, February 27th - **MOPS Parent's Night Out @ 7:00 pm at Bethel Baptist Church.** Get a babysitter and join us for a great night of silly & sweet. We will have a desert bar (yummy) and comedy (fun)!

- Saturday, March 7th - **Kids Expo @ Monument Mall** from 11:00 am to 2:00 pm. Several exhibits for kids activities and even a station for child identity.
- Friday & Saturday, March 20th & 21st - **Cabbage Burger Fundraiser**
- Tuesday, March 24th - MOPS meeting "**The House of Mirrors**" - How others see us, we see ourselves and God sees us. **Six Flags Sisters** will be providing the meal.
- Tuesday, April 28th - MOPS meeting "**Wack-A-Mole**" - Our special Spring Brunch with Jilly Bean. **County Fair Cuties** will be providing the meal.



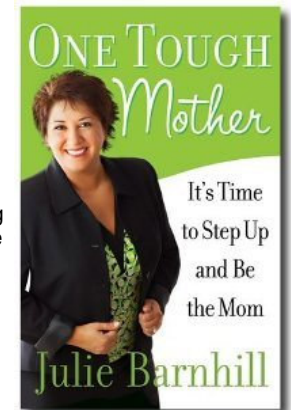
Our Favorite Thrills

Check out our MOPS library or the MOPS SHOP at www.mopshop.org for resources like this:

One Tough Mother

10 No-Guilt Ways to Stand Firm and be the Mom

From a favorite MOPS author, Julie Barnhill, this slightly irreverent and refreshingly relevant new book offers moms a much-needed dose of reality about what's really important when it comes to raising children. Exposing the mind-numbing, brain-draining and confidence depleting minutia that can paralyze moms and keep them worrying about their children's self-esteem, their health, whether or not their children like them -- and whether every moment of that child's life has been adequately scrapbooked -- Julie encourages moms to straighten up, take back control and become one tough mother!



Whip It Good

Chicken Cowboy Bake

- Cooking spray
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 2 Tbs olive oil
- 1 lb boneless chicken breast, cubed
- 1 (10-oz) can tomatoes
- 1 cup frozen corn kernels
- Pinch chili powder
- 1/2 tsp salt
- Pinch of cayenne pepper
- 1 cup grated monterey jack cheese
- For topping: 1 (8.5-oz) package corn-muffin mix



1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray. In a large skillet, sauté onion and garlic in oil for 2 minutes.
2. Add chicken and brown, then add tomatoes, corn, chili powder, salt, and pepper to skillet and cook 10 minutes, stirring occasionally. Pour into the pie pan, and top with grated cheese.
3. In a mixing bowl, prepare muffin mix according to package directions. Spread evenly over chicken mixture, and bake for 30 minutes, or until corn-muffin topping is lightly browned and filling is bubbling.

Kids can help by sprinkling cheese and spreading the corn muffin batter on top.