

Homefront



Issue No 1 - A publication for the Racially Conscious Home

Home Pride

An Expression of Heritage

5 Things to know

Before Calling the Doctor

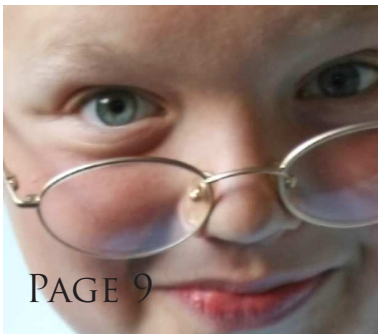
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The Ultimate Guide to Raising a Child

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Editorial



Welcome to Homefront Magazine! Haven't we all thought about making a difference? A difference for ourselves, our children, and for our folk? As with the mothers and mothers who preceded us, we all know that it is through our children and personal relationships that realizing a difference is truly achieved.

That ideal of living our lives for positive societal change, for a more secure future for our children, and toward becoming our personal best as women and mothers is what drives Homefront Magazine. Glad you found us, welcome.

This premiere issue marks a beginning for Homefront. It features relevant articles that are a celebration of family life: pregnancy, children, food, heritage, decorating, relationships, reflections, personal improvement and more!

We hope that we can learn together, to grow as women, and that you are inspired to create special time for your family and spouse.

Enjoy this premiere issue of Homefront!

Faith ~ Folk ~ Family

THE BASICS OF BREAKOUTS

BY BUFFY

After receiving many questions related to ACNE, it is with pleasure that I highlight the basics of breakouts in this brief, yet informative article.

Acne is a disease and arguably one of the most complex diseases to treat. It is physically and emotionally devastating. There is no single disease that I can think of that causes more emotional damage or more insecurity and feelings of inferiority. Ultimately, hormones are usually to blame.

Increased production of sex hormones is the primary stimulus, especially testosterone. These androgens enter the blood stream and affect the sebaceous glands in the follicles of the skin. The sebaceous glands secrete sebum, which softens and lubricates the skin, however, the overproduction of these androgens stimulate the glands to produce more sebum. Ultimately, this sebum moves toward the skin's surface and this is where the complications occur.

The follicle starts to get "plugged" with hair, sebum, bacteria, dead skin cells and other debris. The plug swells as the material accumulates and is pushed out to the surface of the skin resulting in a whitehead. When this whitehead reaches the surface and oxidizes, in conjunction with the presence of melanin, we have a blackhead.

A microorganism, such as *P. Acnes*, consumes the sebum and releases enzymes, which break down the fatty acids further irritating the skin. The tissue reddens, becomes inflamed and papules appear. The body goes into overdrive trying to defend itself with white blood cells and as these white blood cells die, pimples and nodules start to develop.

Beneficial treatments range from Microdermabrasion to Dermaplaning, as well as mild Acid Peels and CO-2 Treatments. Additionally, home therapy in the form of exfoliating cleansers, masks, bacteria killing and inhibiting creams.

NATURAL HOME

Ant Control:

Spread some ground cinnamon where you think the ants are coming in to the house.

Basil repels flies and mosquitoes. To deter ants, use catnip. Sprinkle it in their paths.

Make a mixture of 2/3 cup water, 1/3 cup white vinegar, and 2-3 Tablespoons dish soap. Spray where the ants are marching.

Various Tips

Grind orange peels in your garbage disposal to eliminate odors.

If you add 1/2 cup of vinegar to your rinse cycle will help to eliminate the lint that accumulates during washing.

When using a chemical compound to unplug a drain in your sink, smear petroleum jelly on the metal parts to protect them.

Put a pint of water and a tablespoon of cinnamon on to boil for half an hour to get rid of cooking odors.

Get a box of Baking Soda

Scrubbing - You can use a wet sponge, sprinkle the baking soda on it and scrub your sinks, toilets, tile, and counter tops in place of using a chlorine based cleanser.

Fizzing Action - Take your All Purpose cleaner and use it with the baking soda. There will be a fizzing action. It is a safe fizz. It is a homemade scrubbing bubbles.

To freshen drains - sprinkle some baking soda down the drain and pour some of your all purpose cleaner on top. Then turn the water on and let it rinse down. It will deodorize your drain and it will eat things that get stuck in your drain.

Carpet and Baking Soda - Take some baking soda and add your favorite essential oil. Shake up! Sprinkle on the carpet. Vacuum up.

Toilet Bowls: Get a cheap pumice from the grocery store (one that falls apart easily) use that to scrub the ring out.

Bathtubs and Showers: Get a broom from the dollar store or anywhere. You can use this broom for cleaning out the tub and shower. Get a good stiff broom. This will keep you from having to bend over so much and it will help to save your back.

Compiled by Rachel1488

Sources: Nancy's Natural Cleaning Resources, and The Natural Home!!

HOME PRIDE

An Expression of Herritage

Our home is the most central outward expression of the love and pride we have for our family and race. Whether we live in a big house of our own, a small rental, or a city apartment, all can be a home of simple beauty that reflects our WN values.

We should make our home a celebration of heritage and family: a place of solace, one which our children can express playful joy, a parent's bedroom that expresses love and intimacy, and a home we want to share with others. Take a moment to re-evaluate your home. It doesn't have to look like a magazine article but it should reflect your love of family and pride in heritage. As with most things, the best decorating secrets are simple ideas that work well.

Go out to the walkway and evaluate the house entrance. Is it welcoming? The Amish have not so much in material things but the entryway to their homes is always a bouquet of flowerbeds - at the cost of a few packages of seeds. A simple potted geranium is lovely in an entranceway, especially if surrounded by other contrasting plants. It says 'welcome' more than any welcome mat ever could. In other seasons the best option is to keep the entryway tidy, well-kept up and, perhaps adorned with a tasteful seasonal door decoration, such as a wreath.



Open the front door and take a look with 'fresh eyes'. Clutter is probably our #1 enemy. The secret to really making an appealing decorating scheme is to keep all things orderly and beautiful. Order is such a nice concept yet probably is the most difficult to get the kids to adhere to! Some keep a toy-free zone so that at least one room is not littered with toys. Another idea is to keep a basket in the corner to tastefully stash stray toys that land in the living room. Whatever works!

Clearly, today's style adapts old with new. Thrift shop finds rest side-by-side with passed-down family antiques on the mantle. Pulling together a real style is personal but usually involves a blend of textures, interesting objects, and a calming color scheme that blend different shades of 3 colors. Paint is the cheapest addition in decorating - don't be afraid of color. Big throw pillows are another inexpensive way of adding color and texture- and easily self made. Two yards of tapestry can make two pillows or an interesting wall hanging - it doesn't have to be expensive!

Display your own crafts, found objects, or things that you cherish. This handiwork adds personality to the home. Let your family enjoy the quilts, crafts and paintings made both by your hand and the creations of your child. Additionally, explore and display the richness of our own European heritage-with objects, artwork, and style. A combination of these elements will create the space you will feel comfortable in and reflects who you are.

All family members need to adhere to the "Pick it up-- don't pass it up" way of living together. Mom can't do everything and we aren't helping our kids by being their maids. Cups left on tables, candy wrappers, bits of paper cut from art projects, towels or clothes left on the floor or on the back of a chair all can not be allowed. It takes discipline to get the kids to consistently be helpers! They will need a lot of encouragement to stay the course.

Kids rooms can be carefully planned with a theme or just a kalidescope of childhood things -- as long as the room is neat and tidy. Kids should be taught to make up their own beds as soon as they are old enough. This teaches them personal pride. There is no use expecting the kids to put away their toys when they don't know where to put them! Help them keep organized with under-bed Tupperware-type storage boxes. These things are great!

Books are more important than any TV! Spend what you would on cable each month and amass a library which enriches their imaginations and explores the rich lore of our ancestors. Thrift shops and church sales are fantastic places to find well-cared for books that are fantastic additions to any family library. For children's books, look for old ones (pre-1970) that contain more positive imagery. Especially recommended for children is the Childcraft set of books, again, the older sets are better. If children have access to such books, creative art materials, and music they will never miss that bastion of the brain-on-stun set, the tv, again.

We are passing down and sharing our view of life with our children. It should display what we cherish -- our spirituality, our family and heritage. By creating a home full of pride and love, we create a tapestry of our heritage for our children where they begin to know the greatness of our people's past and present.

By Karen

How Do I Care for My Baby's Umbilical Cord?

By Stacey

After your newborn's umbilical cord is cut, a small stump will remain that will need to be cleaned and cared for until it falls off. This usually takes place after 1 to 2 weeks.

Healing takes place quickly when the cord is kept clean and dry. You can clean the cord by gently rubbing a cotton ball soaked in rubbing alcohol over the cord and surrounding area. Do this at every other diaper change, and be sure to fold your baby's diaper down slightly to prevent rubbing and irritation. You can also buy special newborn diapers that have a crescent cut out of the top just for this purpose.



Don't worry if you see a little bit of discharge or dried blood in the area. This is perfectly normal unless the area is consistently reddened or the discharge has a foul smell. In that case, call your doctor for an appointment so you can make sure there isn't any infection.

Until the umbilical stump falls off, you will want to stick to sponge baths so that the cord doesn't become too wet.

Source: Your Guide to Parenting: Babies & Toddlers.

IN THE NEWS

Snacks, Soft Drinks Replace Healthy Foods in Preschoolers' Diets

Added sugar displaces healthy foods in the diets of American preschool children, says a Penn State study.

It found that preschoolers in the United States consume an average of about 14 to 17 teaspoons of added sugar each day. Most of this added sugar is in cola-type soft drinks, high-fat desserts and fruit-flavored drinks.

These items displace grains, vegetables, fruit and dairy foods, resulting in a lower quality of diet among preschool children.

"In contrast to other researchers, we found that although the most

dramatic decrease in vitamin and mineral intakes were observed when children had added sugar levels of more than 25 percent of total calories, consumptions of grains, vegetables, fruit and dairy products and the proportion of children receiving an adequate intake of calcium were low even at added sugar levels of less than 10 percent of calories," study leader Dr. Sibylle Kranz, an assistant professor of nutritional sciences, said in a prepared statement.

"These results suggest the new National Academy of Sciences Dietary Reference Intake, which sets a cut-point of 25 percent or less of calories from added sugar, are reason for concern," she said.

"The U.S. Department of Agriculture Food Guide Pyramid limits added sugar consumption to between 6 and 10 percent, and the World Health Organization recommends limiting added sugar consumption to less than 10 percent," Kranz noted.

She and her colleagues analyzed the diets of 5,437 preschoolers. The study appears in the January issue of the Journal of Pediatrics.

Source - HealthDayNews

By Monika

Six Things to Know Before Calling the Doctor



When your Little Warrior becomes ill, especially for the first time, it can be very frightening for both Mom and Dad. In order to help your doctor make a good best diagnosis, it is important that you remain calm.

It can be very helpful to sit and jot down a few notes about your child's overall condition before you make that call. This ensures that you forget nothing and that the answers to any questions your doctor asks will be there at your fingertips.

- 1) **Symptoms:** Are they vomiting? Do they have diarrhea? What is the colour and general appearance of their skin? Are there any visible changes in the appearance of their eyes? Are they able to move their limbs freely?
- 2) **Mood:** Are they crying more than usual? Do they seem tired or listless? Do they appear to be irritable or overstimulated?
- 3) **Sleep:** Note the time and duration of regular sleep and naps for the last 12 hours or since the onset of illness.
- 4) **Eating:** Make a list of all food (solids and liquids) they have consumed with amounts and times.
- 5) **Temperature:** Be sure you take your child's temperature before you call the doctor. Write down the temperature, when it was taken and how it was taken.
- 6) **Medicines:** Keep track of any medicine your child is regularly taking or any you may have given them as a result of this illness. Know the dosage and times given.

What are your children reading?

My girls are in to 'The Mouse and the Cookie', Princess books, 'Dick and Jane' books, a book called 'Once upon a time' - it has Goldilocks and the Three Bears, The Three Little Pigs, Puss -N- Boots and Little Red Riding Hood in it. They also like Dr Suess books along with Saint George and the Dragon.

Nicole

My kids have lot's of books they pile them on their bed at night and scan what I don't read them.

I love to buy old (pre 1970's) books for kids as they are mutant free and the writing is generally more complex.

Some of our favorites this month are:
PD Eastman's Go Dog Go! Volume 1 of Childcraft (Rhymes, Poems and Fairy Tales). Kolar's Racer Dogs - this is new and awesome, though hard to find.

My Daughter is putting hard wear on all the ABC books as she's finally trying to read/write. She actually references the books when writing-! Today she showed me a "B" and said it was just a 3 with a stick..

Karen

Go Dog Go" rocks, my son looooves that book!! Any books about dogs, and balls are big hits here. He has a fireman book my step-daughter brought home and we look at it a million times a day.

My husband and I just went to a book closeout sale and after digging for awhile we found a couple really great "white" books- the girls like those books because they are about people like us.

Debi

Our Son has WAY too many books from the various book clubs I've joined. We don't do Disney movies/ cartoons, but he is allowed some Disney books. His favorite right now is Finding Nemo. He also loves the Three Little Pigs, he thinks the wolf burning his butt is hilarious.

I'm also adding that we've had a "reading time" before bed for over a year and a half now. He gets a big pile of books after getting ready for bed and gets to read with us for about 30 minutes. It's become a ritual and I hope it'll foster a love of books early, which it seems to have done already.

Amanda

Kid Friendly Recipes

by Amanda

Here are some kid-friendly recipes that add a little flair to familiar favorites. Many of the steps are easy enough for kids to do, so get everyone involved in the cooking!

Scrambled Egg Surprise

3 eggs
3 Tbsp milk
1 Tbsp snipped parsley
Dash ground nutmeg
1 Tbsp margarine
1 small apple, cored & chopped (about $\frac{3}{4}$ c)
 $\frac{1}{4}$ c shredded cheddar or Monterey Jack cheese

Beat together the first four ingredients in a medium mixing bowl. In a medium skillet, melt the margarine over medium heat and add the apple. Cook for two minutes or so, until tender. Pour in the egg mixture and cook without stirring until the egg begins to set on the bottom and around the edges. Gently lift the edges of the egg with a spatula and let the uncooked egg flow underneath; continue to do this for 3 minutes or until the egg is cooked thoroughly. Remove from heat and sprinkle with cheese; serve with whole-grain toast. Makes 2 servings.

Healthy Granola

2 $\frac{1}{2}$ c regular rolled oats
 $\frac{1}{2}$ c slivered almonds
 $\frac{1}{2}$ c coconut
 $\frac{1}{2}$ c toasted wheat germ
 $\frac{1}{2}$ c sesame seeds
 $\frac{1}{2}$ c sunflower nuts
 $\frac{1}{2}$ c dark corn syrup or honey
 $\frac{1}{3}$ c orange juice
 $\frac{1}{2}$ c raisins (optional)

In a large bowl, mix together the first six ingredients. In a separate bowl, stir together syrup/honey and orange juice. Pour over granola mixture and stir to coat. Spread in a greased 15x10x1 baking pan and bake in a 300° oven for 40-50 minutes. While baking, stir every 15 minutes, then stir several times during the final 15 minutes of baking. Remove from oven and stir in the raisins. Transfer to another pan to cool, then store in an airtight container for up to one month. Makes 5 cups.

Sweet Tooth Popcorn

10 c popped corn (about $\frac{1}{3}$ c unpopped)
1 c peanuts
 $\frac{1}{4}$ c honey
3 Tbsp margarine

1 tsp finely shredded orange peel (optional)
 $\frac{1}{4}$ tsp ground cinnamon

First, find an oven-safe container large enough to hold all of the popcorn; a large roasting pan should do. In a small saucepan, heat honey, margarine, orange and cinnamon until the margarine melts. Pour over the popcorn and nuts in the large bowl and stir to coat. Bake at 300° for 30 minutes; stir every 10. Transfer to baking sheet or foil to cool. Makes 10 cups.

Veggie Macaroni

1 c mixed spinach and carrot corkscrew pasta or other pasta
2 Tbsp margarine
2 Tbsp all-purpose flour
dash pepper
1 c milk
1 c cubed American cheese (4 ounces)
1 c frozen peas, corn or green beans
1 medium tomato, sliced (optional)

Cook macaroni. While that cooks, melt the margarine in a medium saucepan. Mix in flour and pepper; add milk and cook until thickened and bubbly. Add cheese and stir until melted. Drain pasta when cooked. Stir together pasta, sauce and frozen vegetables; transfer to 1-quart casserole or other baking dish. Bake at 350° for 20 to 25 minutes. Arrange tomato on top and bake 5 additional minutes. Makes 4 servings.

Yummy Fruit Dessert

1 ripe small banana
 $\frac{2}{3}$ c sliced strawberries or 1 small peach or apricot, peeled and sliced
 $\frac{1}{2}$ c vanilla yogurt
 $\frac{1}{8}$ tsp ground nutmeg

Simply mash fruit together in a bowl, then stir in the yogurt and nutmeg. Fun to make and even more fun to eat! Makes 2 servings.

These recipes have been adapted from Healthy Foods for Hungry Kids, © 1987, Better Homes & Gardens Books

Four things you need to know **YOU NOW HAVE A TODDLER**

BY Sarah1488

1. Your little Aryan Child may now be able to understand how one concept relates to another.

This will make it much easier for you to teach them house rules such as: "Hot" objects will "hurt you" when touched. They'll start remembering that touching hot equals hurt and they will not be as tempted to touch an item when you tell them it's "hot." Be sure not to push them too quickly since this is a skill that needs to mature gradually.

2. It may be time for your child's first haircut, yes I know some of you have experienced it and

could share a horror story or two, maybe we will feature them in our next issue. You can help ease any fears they have by snipping a bit of your own hair first to show them that it doesn't hurt. Visit the barbershop before your appointment and allow your child to see what happens in the barber's chair. Then, when you guys get home play "barbershop" and pretend to cut the "hair" on their stuffed animals and dolls. Finally, when the big day arrives, allow them to sit on your lap rather than leaving them perched in a that big unfamiliar chair that is rather scary to them. Bring a favourite game or book in case you need something to distract your child. And of course remember to bring a Ziploc-style bag so that you can save the first curly lock of hair in your baby book.

3. Your child may now want to dress and undress themselves "oh the fun". However, they may

not be quite ready to conquer that task without a little frustration. You can make it easier for them to learn by demonstrating how you get dressed, by purchasing clothes that are easy to wiggle into and praising them when they try to do it themselves. You can also allow them to help you get them dressed: Let them pull their own pants up halfway and let them finish the job. While you enjoy their new found independence, take heart in the fact that they still need Mommy and Daddy's assistance -- once in a while!

4. If you are expecting another Aryan Baby, you will need to properly prepare your toddler.

They are bound to be curious about Mommy's growing tummy, especially when it kicks against them. Saying, "Mommy and Daddy are having a baby!" may not be enough. Start by answering any questions your Little Warrior may have. Let them know what's happening to you by showing them pictures in baby books and pictures of themselves when they were a newborn. Take them with you to prenatal visits and, if possible, visit the hospital or birthing center where you plan to give birth. Explain how fragile a newborn baby is and practice holding a doll before the baby is born. Most of all, include your toddler whenever possible and understand their potential jealousy. Spend special time with him and encourage your spouse and other relatives to do the same. Help them understand that the new baby will grow up just like they did and that soon they'll have a lifelong playmate.

BABYSITTER

ADVICE FROM HOMEFRONT

After the arrival of your baby, finding time for a date with your partner may seem impossible. Planning ahead might make this easier than you thought. One of the most important considerations is who will stay with the baby. HomeFront have found that parents appreciate the following suggestions for interviewing a sitter for that long awaited night out!

- * Do you have prior experience?
- * Can you supply references?
- * What ages of children have you worked with?
- * What do you like most about sitting with children? Least?
- * Do you have any special training (i.e. CPR, First Aid, etc.)
- * Do you have transportation?
- * What do you charge?

Once you are sure this is a sitter you would like to have staying with your child, then some further information is important for the sitter to have on hand. You may want to make a list of important info to have for any sitter you hire.

- * The children are not to be left alone at any time.
- * Family rules, including disciplinary guidelines.
- * Daily routines, including eating, television, and sleeping arrangements.
- * About any food allergies that your children may have.
- * Emergency telephone numbers: relatives, friends or neighbors and emergency services.
- * How to contact you. Write down where you will be (address and telephone number) and your cellular telephone and/or pager numbers.
- * All outside doors should be kept locked and to never open the door for anyone (unless you have given prior permission.)
- * Information should not be given to callers. Sitters should tell a caller that you are unavailable and should take a message.
- * Children should be watched closely while awake, especially if taken outside, and should be checked regularly after they have gone to sleep.
- * Who the children may play with or visit.
- * Rules associated with use of your belongings (e.g., telephones, computers, appliances.)
- * Friends should not be invited into your home.

RAISING A SUPERIOR CHILD



Though the title of this article may come off as somewhat arrogant, my goal as a parent is in fact to raise a superior child. For three years, my son has been my sole focus and my task has been to raise a happy and healthy child who will one day follow along the path that was laid out for him during early on. The habits instilled in our children during early adolescence shape who they will become; basically, a fat lazy child will grow to be a fat lazy adult. It is a given that we want the best for our children, both while they are young and years from now during adulthood. That is why now, when we are ultimately responsible for every aspect of their lives, is the time that we must make the right choices on their behalf.

What I would like to do with this feature is share some of my experiences as a parent. This is my first and only child, so naturally the whole thing has been, and continues to be, a learning process. My goal is to share ideas and bring to light some of the things other parents may not have considered yet. There are small changes that can be made that lead to huge benefits, and I want to discuss these without sounding pretentious. But the fact is that I have dedicated three years to making sure that my son is superior, mentally and physically, and it shows. Merely reading this publication says that you yourself are set above the norm, and that you have achieved a higher level of thinking than “regular” people. So there is no shame in wanting our children to rise above as well, and I believe it should be a primary goal of any WN parent.

The next issue will feature the first real topic to be discussed- nutrition. There are two facets I will touch upon- tips to make sure that your child has a wholesome, natural and nutritious diet, and the development of eating habits that will last throughout their lives. Be prepared for plenty of ranting, but helpful information and nutritious yet kid-friendly recipes.

WAU NC

FAMILY AND COMMUNITY

WHAT IT MEANS TO OUR PEOPLE

by Vinlands Hammer 2004

The need for a good family and strong community for White folk is becoming a higher and higher priority in our decadent modern world. There is a plague which threatens our bloodlines and its leading to the extinction of our culture; this plague is called multi-culturalism. More and more our White youth is being taught through the ZIONIST and Christian media that the only way to be accepted in society is to embrace some foreign culture or date someone not of your folk. This is what YOU, as a Proud White individual, need to smash, destroy and purge from the minds of your children.

The lies taught to our children by these sick and perverted parasites must be taken care of by any means necessary. The only way for us as a people to achieve this is through family and community building. This is the only way to educate and open the eyes of our folk, especially our youth. The youth, our children, should be the main reason we fight. For many of our Aryan brothers and sisters, the slogan of this Pro White Movement is the 14 words by David Lane: "We must secure the existence of our people and a future for White children."

We must teach them that this indoctrination of foreign culture to them is false, wrong, immoral and goes against everything in our Aryan DNA. We must teach them the dangers of multi-culturalism, that everything they see on television or hear on the radio is being taught to brainwash them into never knowing anything about their past, heritage and culture. ZOG wants to pollute Aryan bloodlines and destroy our race by using the ignorant subhuman as their tool to do it by mixing with our women and men, thus diluting our pure Aryan genes. If we do not follow the lessons of our ancestors and learn from what they did we will surely lose this battle and our children's future to race mixing, drugs and sexual deviancy. Do you want to have your child growing up into a homosexual or transgender freak? Do you want your children to grow up into a heroin addicted nobody who will degrade themselves to get their next fix?

If we do not wake up and open our blind eyes to what is going on around us, then our future, the future of our entire race, will surely be a bleak one. The only way to effectively save our people and our children from extinction is by starting a solid family and community building for our folk.

Family

Family building is the cornerstone of our movement; it is the pillar of our existence as a race. How are we ever to go forward as a race if we do not have a future to look forward too? The best way for us to ensure the existence of our race and preservation of our blood is by starting a family, for there is no more positive growth for our great nation than that of a newborn child.

Bringing more White children into this world and ensuring the future of our race is the main key to our survival and what we fight for. Everyone must remember that its one thing to be a "mom" or a "dad" and it is another to be a mother and a father. When you bring children into this world and decide to start a family be sure you can support them, or you are no better than the negros living on people's hard working tax dollars. Live your life for your family because when you and I are gone, the youth will carry on our legacy, our fight for honour, everything we have worked for and everything we and other brave, fallen comrades have fought to teach and give them. They will one day be the leaders of our people, and you want to have taught them well.



Goebbels Family

Teach them all you can; educate them; teach them where they come from by giving them books to read and talking to them about history and their past. Give them pride in themselves and their ancestors, for one cannot know where they are going in life unless they first know where they came from. Always make sure to do what you as an Aryan warrior and Proud White parent think will help them to see through the lies of multi-culturalism so that they may live for their folk. Raise them to be strong both mentally and physically by having them read, write and learn from history along with being healthy and active people. Make them into educated and respectable warriors for W.O.T.A.N. who will fight and fight well for our cause while still

having compassion and love in their hearts.

Find yourself a good White Woman who will make a good wife and mother, treat her like the precious creature she is because the White Woman is the greatest creation the gods have ever blessed this world with. If it was not for women, there would be no children, our race would surely die off and that would be the end of us. When you have found this Woman, appreciate her, love her and treat her with the respect she deserves. Make her feel like the goddess she is, because if you don't we will lose our women to the blacks and other subhumans under ZOG's control.

Love your children, always talk to them, even as babies, as children hear voices and pick up on things, the earlier they can pick up on things you say and learn, the better. Listen to them and spend time with them, whether it is reading them a book before bed, taking them fishing or for a walk, connect with your children and form a strong bond. We certainly need more White children in this world, but we need level headed white children, not mentally and morally ill teenagers who have turned their backs on their folk because mommy or daddy did not pay enough attention to them; we don't need another Columbine on our hands we need educated youth to lead the way for our folk.

You must be more than mere parents; you must be a Mother and a Father to your offspring and make them feel like they are everything in the world to you because that is what every Aryan child deserves. Let them see your love for your folk then they will pick up on it, learn from you and follow in your footsteps.

Community

Long ago, our ancestors relied on a tight community structure for survival. There were clans, families, and tribes who would support each other, whether it be hunting, raising children or on the field of battle. They never turned their backs on one another and were always there to help out a fellow

community member when need be.

Today, we as Aryan Men and Women need to revive this idea of a strong healthy community, one that's out for the best interests of our folk. A lone warrior is easily singled out and oppressed by the tyrannical agents of ZOG, but men and women united in a common cause are far harder to silence.

Some people might ask, "Well how do we do such a thing? We do not need to hunt for food anymore. We don't need to build houses; we live in a modern world" and they are right; we do live in a modern world, but what about building safe playgrounds for our children and our folk's children? They need a place to enjoy their young lives. Get together with a group of comrades and clean up your local area; pick up garbage and clean up the area of anything that might be of danger to youth; paint over any graffiti that there might be in these areas. Put some money together through a local community donation in order to buy a swing set or other playground equipment for the children; make a sandbox for them to play in and make friends with other white children. Childhood friendships are always the strongest bonds people share. If our future grows up happy and spiritually nourished they will flourish as adults and do great things for our race.

Yet another great thing you could do is helping out single mothers. Everyone knows that not all men are true men, but little immature boys and will run when faced with the responsibility of a child. As such, we have many single mothers out there, trying to raise children on their own, while trying to pay the bills and simply make it by in life. If you see a single white mother in your community, get together a little money to help her out, because maybe someday it will be you and your kin that will need help.

Always be ready to give for your folk no matter what, even if its 3 dollars from your pocket, the 3 dollars from you, 5 dollars from one of your comrades, 2 dollars from a community member across the street, you have ten dollars to go towards some canned food for the child and mother. If your wife does not work while a local single mother does, make arrangements for your significant other to look after her child while she is at work to make things easier on her. Again, you never know when you might need the same favour from her or someone else in the future. Even if you never have any association with the mother or child again, you will have made a valuable contribution to your community. Make sure to always be looking out for the best interest of our folk, and always be alert to threats to your family and community.

In order for us as an Aryan people to ever defeat ZOG and the powers oppressing our folk, is to go back to the ancient archetypes of European family and community ideals. Both these tools have for long been unused by our folk as means of preserving our culture and ultimately defeating our foes; this is something we must change if we hope to secure a future for our children. Alone we are but scattered militants, warriors, mothers and fathers but together as families and communities we are an army of strong, educated soldiers ready to fight and die for our cause. If we do not commit to return to these simple Aryan ideals our daughters will be lost to the black slaves of ZOG and our future children will be nothing more than more members of the ever Jewish Miscegenation TV generation.

So what say you, Proud Aryan Men and Women? Will you follow the ancient ways of family and community to a better future for our children in a whiter and brighter world? Or will you keep on marching blindly down the same road as the rest of the herd and in the end surely lose your children to race mixing, drugs, and decadent sexual behaviour? Everything rests on your shoulders: your future, your children's future and the future of your race and nation. Will you stand tall and heed the call of your blood? Only you and you alone can change this world.

Simple ways to say

by Sarah1488

Make sure you tell your husband / wife that you love them at least once a week, I haven't ever went a day without hearing it from my husband.

Give your mate an unexpected hug, a surprisingly romantic kiss, or a backrub for no other reason than love.

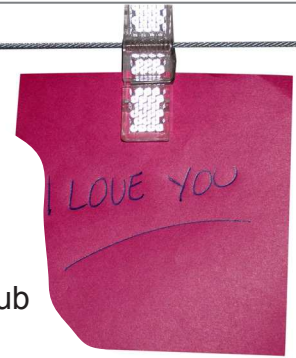
Be spontaneous and surprising with unexpected notes, whisking your spouse away for an unexpected weekend alone, stargazing together, taking a walk in the rain with one another. A recent surprise from my husband was a day at the ocean just walking and talking about silly things we had done in our teenage years, it was a wonderful day and made me smile.

Share memories by looking at old photographs and talking about memories you share together. And the memories you hope to create together.

Give the gift of your time by performing trivial chores for your spouse, such as folding the clothes, running an errand, washing the car, cooking dinner, fetching groceries.

Don't forget anniversaries and birthdays.

Hold hands and remember why you fell in love.



From Egg to Baby

By Nicole

In the first trimester, your baby's major organs will begin to form. Your body will begin showing the first signs of pregnancy. Some changes, like breast changes, appear in the first month. By the end of the third month, a swelling abdomen may tell the world that you are pregnant - though not all women show this early. You will also feel most of the major discomforts of pregnancy, such as nausea, heartburn, frequent urination and fatigue, during the earliest months.

In your second trimester, your baby will grow from about 4 inches to almost a foot in length. Your uterus will expand and begin to push against the organs in your abdomen. Your baby will probably make itself known with beginning movements. These movements are also known as "quickening" and, by the sixth month, possibly a few kicks. These months will probably be the easiest for you during your pregnancy.

During the third trimester, your baby will grow rapidly, gaining about one-half pound a week and reaching about 20 inches in length. You may feel some kicks and even be able to get a sense of how the baby is positioned. Your baby's growth may cause discomfort, such as increased frequency of urination and shortness of breath, as your uterus expands beneath your diaphragm (the muscle layer just below your lungs). As your body prepares for birth, you may feel early contractions, your baby will move lower in your uterus, and your cervix, the opening at the neck of your uterus, will soften.

DEPRESSION POST PARTUM

BY NICOLE



It's important to recognize postpartum psychosis as early as possible. It's critically important to seek medical help if you suspect that you or someone you know may have this problem. Depression and confused thinking can be very frightening to experience or to observe in a friend. It's important to know that waiting and hoping for improvement are not enough and that medical treatment is likely to be very helpful.

So the baby has arrived! Family and friends are coming by with gifts and congratulations on your achievement. The dream you wished came through with the birth of your new child. So why are you sad and sometimes crying? Even for experienced new mothers, an unexpected wave of anxiety, sadness and irritability hits after the baby comes. No one expects to get depressed but it can happen to any new mother without warning.

There are three levels of postpartum depression, and these are discussed below.

Why does this happen? It can be because a new mother's body is going through tremendous changes during and after pregnancy. Being fatigued and feeling overwhelmed, it's natural to get a little depressed. Other factors can also contribute to this depression: the many bodily changes you are experiencing, illness, difficulties during your pregnancy, changes in your family's finances, unrealistic expectations of childbirth and parenting, perhaps unresolved issues from your own childhood, an unexpected pregnancy and insufficient social or emotional support. Some degree of depressed mood affects almost all new mothers.

There are three levels of postpartum depression:

"Baby Blues" This describes a mild form of depression, affecting more than 80 percent of new mothers and lasts a few days to several weeks. Contributing factors may include some or all of the following:

Disappointment about not having the mythical "perfect birth," although virtually all births result in some unexpected outcome. A response to postpartum pain or discomfort. A letdown from an exciting event. Concerns about dealing with your new baby or surprise about the amount of work involved in caring for the baby.

Symptoms of "baby blues" include episodes of anxiety, sadness, crying, headaches, exhaustion, feeling unworthy and irritability. The blues can occur within a day or two after the birth, or they may not surface for several weeks. You'll get over baby blues more quickly if you get extra rest, good nourishment, walks outside in the fresh air and sunshine, and some help caring for yourself and your baby.

Postpartum Depression (PPD) This affects between 10 to 20 percent of all women who have just given birth and is more common among second-time moms than first-time moms. PPD is a treatable form of depression. This depression is different from the "blues" we all feel from time to time as it is a physical illness affecting the brain. Just like other organs in your body -- your heart, lungs and kidneys, for example -- your brain also can become ill. When it's your appendix that's acting up, you feel physical pain, because the nerve fibers that come from your appendix send "pain" signals. When it's the area of the brain that generates emotions, you feel emotional changes, because the nerve fibers that come from your brain send "emotional" signals. You can't think your way into or out of these feelings any more than you can think yourself into or out of the pain of appendicitis.

You may be having PPD if you feel a sense of sadness that doesn't go away or frequent mood swings, anxiety or guilt.

You can distinguish PPD from other depression by the fluctuations: a good day followed by several bad days and back to another good day.

PPD usually begins from two weeks to three months after your baby is born. Your most effective preventive tool is educating yourself about PPD. If you're struggling with PPD, seek out information and support to overcome the sense of isolation, depression, fear or even guilt. The sooner you realize you have PPD and do something about it, the better your chances for treating and curing the problem. Because PPD is a physical illness, doctors use medications to relieve its symptoms. Don't feel ashamed if you have to take medication to help you. Be sure to discuss your concerns with your doctor if you think you might have PPD. Make sure you get it under control before you fall into this:

Postpartum Psychosis This is the most rare and more severe form of post partum depression. Some women who have postpartum psychosis have never had any prior psychiatric illness, and others have experienced depression previously. Some have experienced a recent significant loss, divorce or separation, abuse or a difficult

birth. Others have a perfectionist personality.

Postpartum psychosis may begin within days or weeks after a baby's birth. The symptoms are the same as those of PPD, but more extreme. Women with postpartum psychosis are severely depressed and may be confused, paranoid and unable to function. Times when they can think clearly may be interspersed with periods when they can't. Postpartum psychosis can be life-threatening. Women with this condition may consider harming themselves, their baby or others. They might or might not realize that they are having problems, and they may be able or unwilling to seek treatment.

It's important to recognize postpartum psychosis as early as possible. It's critically important to seek medical help if you suspect that you or someone you know may have this problem. Depression and confused thinking can be very frightening to experience or to observe in a friend. It's important to know that waiting and hoping for improvement are not enough and that medical treatment is likely to be very helpful.

It's also helpful to know that the feelings of depression after birth are common, they aren't your fault and you can feel normal again. Explore and accept your feeling without judgement. Discuss whether your expectations are appropriate. Allow yourself to grieve over unfulfilled expectations, and try to let go of guilt you may feel. Take a look at the other stresses in your life; do what you can to relieve or postpone them until you're handling things well again. Also recognize that you may need treatment or medication to help you function and relieve your symptoms. Ask your doctor about support groups available in your area for new mothers. It can be helpful to talk with another new mother who has faced problems you're experiencing and can guide and reassure you. For additional information on "blues," depression and psychosis that can follow birth, contact:



Postpartum Support International
927 North Kellogg Avenue
Santa Barbara, California 93111
Telephone: 808-967-7636
(From 8 AM to 8 PM, Pacific standard time)

<http://postpartum.net/local-support/>

SUCCESSFUL BREASTFEEDING

BY NICOLE



The key to successful breastfeeding is feeding your baby on demand. Your milk is established through supply-and-demand. Your baby's prompt and efficient eating will stimulate production of enough milk to meet the hunger. Also, prompt feeding will prevent common feeding problems such as an overly hungry baby who sucks too vigorously, an overly fussy baby too worked up to settle down and eat or breasts so engorged that your baby has difficulty latching on.

The synchronization of your baby's hunger and your body's milk production may take some practice. In the learning stage, breastfeeding may seem troublesome, discouraging and even painful. However, the best remedy for early breastfeeding problems is persistence. Within a few days, most breastfeeding problems will work themselves out.

When beginning breastfeeding, think in terms of prevention. Frequent nursing early on will prevent most breastfeeding problems from occurring. Your baby generally should be eating every one and a half to three hours for a total of eight to ten feedings a day, and the baby may spend ten minutes on each breast.

As you begin breastfeeding, you may have several questions or concerns you'd like to discuss with an expert. Keep the phone numbers of your baby's health care provider, lactation consultant, peer support groups or other nursing Mothers handy.

I recommend attending breastfeeding classes. Check with your insurance company to see if they pay for the classes. They help out a lot. You will still feel leary when you first start nursing. I remember my first time doing it. It was so difficult. Something else to add onto the newness of everything. Just keep your cool and ease into it, your baby can tell if you are stressed out and that will stress your baby out. If your breasts are too full, try pumping some milk out to let them down some.

Mother's Diet. Many women will tell about giving up various foods -- such as onions, broccoli, garlic,

beans and asparagus -- while breastfeeding. Although it's true that some food can noticeably alter the taste of breast milk, true allergic reactions in nursing babies are rare. If you believe a certain food causes a difference in your baby's disposition or stool patterns, it's unlikely that you need to eliminate it from your diet. Sometimes coincidental situations may cause you to suspect a food reaction, when in reality your baby is just having a tough day.

Many Moms, even those who worked to avoid caffeine completely during pregnancy, may now want to have a cup of coffee or caffeinated soda. If you drink large amounts of caffeine, you may notice irritability in your baby. However, one or two servings of caffeinated soda, coffee or tea each day should not cause a problem.

Alcohol can be passed on to your baby through breast milk. Your nursing baby is still in critical areas of development that can be hampered by the ingestion of alcohol. It's best to abstain from drinking alcohol while breastfeeding. In families with a history of allergy to milk, a Mother's ingestion of cow's milk can cause colic in her baby.

If you believe any food or drink is causing a problem for your baby, make a note of your baby's reaction and discuss it with your baby's doctor or nurse-practitioner.

The food that you eat and the beverages that you drink will be in your breast milk three hours after you eat and/or drink. When I'm eating a food that I know I haven't ate and/or drinking something that I never had while I've been nursing him, I'll write down what I had to eat and/or drink and watch to see how he reacts later.

Sore Nipples. Many nursing Mothers have sore nipple when starting nursing. As with many breastfeeding problems, the best way to prevent sore nipples is to begin breastfeeding early with a frequent on-demand feeding schedule. However, if sore nipples do occur, these remedies may provide you with some relief:

Check the baby's position while feeding. The nipple should be toward that back of the baby's mouth; your baby should not be sucking directly on the nipple.

Change the baby's nursing position.

Allow nipples to air dry after nursing.

Avoid nursing pads with plastic linings. (I have found Johnson and Johnson to be best, I have very few leaks through them.)

Allow a drop of breast milk to air dry on the nipples between feedings.

If using a lotion, make sure the nipple is dry before applying the lotion.

Apply ice on the sore nipple briefly before nursing.

Milk Supply. The most common reason given by Mother's who discontinue breastfeeding is that they believed their babies weren't getting enough milk. Unlike bottle feeding, when you're breastfeeding there is no easy way to measure how much milk your baby is getting. However, the supply-and-demand system of breastfeeding is designed to provide your baby with just the right amount of milk. It is rare that a Mother cannot provide enough nourishment for her baby.

Watch for signals from your baby that will reassure you that your baby is getting enough of milk. Can you hear your baby gulping when he or she starts nursing? Does he or she seem satisfied after nursing? Can you feel a difference in your breasts? They should be softer after you are done nursing. Measurable clues of your baby's intake include wet diapers, number of stools and weight gain. Your baby at first should have at least eight wet diapers a day and at least two stools. At first your baby's stool will look black -- that is normal. Then once the black stool has passed, the stools will then look

seedy, mustard like in color. Comparing your baby with another baby will not indicate whether your baby is getting more or less nutrition.

On some days you may barely finish feeding your baby before the cries of hunger start again. This crying is not necessarily a sign that the last feeding was inadequate. Perhaps your baby is ready to nurse again. When this happens, your baby is probably going through a growth spurt and for a couple of days may require more frequent feeding before settling back into a new pattern.

Problems With Let-Down. "Let-down" is also referred to as "reflex," meaning it's an automatic response when your baby begins to suckle. Rarely does anything interfere with this smooth process. When difficulties occur, they are most often related to psychological factors. Let-down may be inhibited by any of the following:

Distractions

A lack of needed privacy

Embarrassment or anxiety about nursing

Fatigue

Pain

Most problems with milk let-down can be easily remedied by rest, change of atmosphere and support from family members and friends. Allow visiting "helpers" to relieve some anxieties by helping with household chores or older children.

Nipple Confusion. If your baby has become experienced using an artificial nipple -- a pacifier or bottle -- before breastfeeding is firmly established, you may experience nipple confusion. Different techniques of sucking are needed for bottle feeding that for breastfeeding, your baby may be confused when offered the breast again after using an artificial nipple and may not nurse effectively.

Babies Who Have Trouble Sucking. Babies are not always effective nursers. You may have an overly excited baby who cannot latch on well and so grasps and then loses the nipple. Your baby may also nurse just long enough to get a taste of milk and then pause before they are ready to finish nursing. The initial nursing may cause let-down, in which case the breast may become engorged. Your baby may then have difficulty latching on well when he or she decides to really nurse.

Still other babies may nurse awhile, then rest before nursing again. Evan did this. I would rub his cheeks or kiss him. Sometimes I would have to undress him. He would only let-down one breast and then fall asleep. It's best to have them let-down both breasts. Wake your baby up and make sure they let-down the other breast or you're going to find yourself nursing your baby every hour rather than every two to three hours. Within a few days you should be able to determine when your baby is finished eating or simply pausing to rest for a bit.

What your newborn needs most from you during feeding time is attention and social interaction. Make feeding time a time to develop trust and security. Hold your baby so eye contact is possible. I love staring into his eyes and rubbing his head with my other hand. He'll stop and smile and coo at me from time to time and then go back to nursing. Man, he's great. I'm so blessed. I have four beautiful, healthy, happy children.



It would be wonderful if a woman's body could store energy during the pregnancy for the fatigue she'll encounter during the baby's first year. Unfortunately, this doesn't happen. Feeling fatigue is inevitable. When you are caring for an infant around the clock, your sleep is frequently interrupted. It's probably a major challenge just to find time for a shower or a few minutes alone. I'm feeling that way myself right now. You may feel isolated when your partner goes to work. I'm also feeling that way. Exhaustion may make it difficult to separate physical from emotional problems. Everything feels looped into one.

Here are a few suggestions for dealing with fatigue:

Arrange for help. If someone asks you if you need help, put their good intentions to work. Accepting help doesn't indicate a dependent personality or weakness; it's a good coping skill. Your Mother, Mother-in-law, sister or good friend might

be pleased by an invitation to spend a few days with you. Get some extra help with making dinner or the housework. Ask them if they could run a few errands for you -- or just ask them to watch the baby so you can catch up on sleep or household duties. It's usually best to establish the expectation that their role is to help you, rather than focusing on the baby.

Many communities have services available for new Mothers. To learn about services available in your area, talk with your nurse or call your local public health department. Some women even hire a woman experienced in helping new Mothers and new babies. Look in the Yellow Pages or check your local newspaper listings under 'Maternity Care' or 'Postpartum Services.'

Spend time away from home. Take your baby out for a walk or find someone to watch the baby for a few hours while you get out. You'll be surprised at how much better a change of environment helps you feel. I try to get out every Saturday for about 2 hours. My husband stays home with the kids and I do the grocery shopping, go for a drive or stop at a friends house to talk for a bit. There are also programs out there for new Moms to gather and talk.

Take your phone off the hook. You don't have to answer every phone call that comes in. I have voice mail. I don't hear the message's that are being left. I can check it when I want to and I can get back to them when I want to.

Expect and accept a little clutter. This is especially important for those who take pride in having an organized, spotless house. I have accepted it. I hate clutter, I hate messes, they drive me nuts but I also know that I was driving myself into the ground trying to care for all the kids and keeping on top of everything. I have about 5 loads of laundry to do and a sink full of dishes. It drives me nuts but I know they will get done when I feel like getting to them. Yeah, I have forgotten about the pipe dream of having an immaculate house. I have read and heard that I will feel much better and be a lot happier if I care for Evan and not the house. Now I just have to ease up on myself when I know guests are coming over.

Work with your partner to use the "divide and conquer" approach to housework. If sharing this work is something new to the two of you, and it is for me, be sure to offer plenty of compliments to the novice. Try to avoid being overly critical about how the work is done; just be grateful that it's done. Focus on the most important points; the dishes don't have to be put away, just put away the perishables.

Simplify mealtimes. Before the birth of their babies, some women fantasize that when they are home with their babies they'll finally have a chance to indulge in preparing romantic, exotic dinners. LOL In reality, you'll probably use shortcuts such as paper plates, frozen dinners or take-out foods. The romance isn't in the menu or even the setting; it's in the mealtime sharing and celebration of your experiences as a family.

Are you over-committed? Don't feel guilty for saying "no" to requests for your volunteer time. Similarly, you may need to bow out of current commitments. These activities can come later. Don't be reluctant to say that the demands of new Motherhood are taking a higher priority.

Exercise can help. Start slowly and add a bit more exercise each day until you're back in shape. Yes, that day will come, eventually! Exercise will give you the strength to meet more of the day's challenges while it improves your self-esteem and body image.

I'm joining a gym with two of my friends and my sister. I have a support group of people that I trust and enjoy being around. I will have time out of the house so it'll give me my space and I'll also feel refreshed. Look into different gyms too. I'm joining Curves. They have a dieting program that I can go on and still nurse. Don't try to diet until your baby is at least three months of age. You need to establish your milk supply and your baby won't be ready to commit to a schedule until about three months of age. You should also talk to your doctor before you look into dieting.

Make sure you're nourished spiritually. Give priority to refilling your spiritual well, from which you'll be drawing heavily during this time. Talk with people you find uplifting, and share your thoughts with them. Parenthood helps us appreciate the gift of life. We become more aware of how important others have been in our lives and how we contribute to the well-being of others. This awareness helps you keep in perspective that you're part of a bigger realm.

Financial concerns may also be adding to you and your partner's fatigue and stress. I know it is here! Many parents will tell you that no matter your income level, there's almost always a money shortage when you have children. Although many parents work extra hours successfully, it's important not to overdo it and add unmanageable stress to the family picture. It's also a good idea to postpone major financial and time commitments such as home improvement projects or a vacation until things are more settled.



What should you do and know...

VIOLENCE IN RELATIONSHIP

This topic, violence towards women, is something that unfortunately occurs also in the WN movement. I personally know few women that have experienced violence – both mental and physical – from their partners. Leaving such relationship is not always as easy as you'd think; fear is a great factor.

I'm not a professional in these matters nor have I experienced violence myself. The information I've gathered here, however, is produced by a Finnish association specialized in helping and supporting families and those who have experienced family violence.

HOW IS AN EQUAL PARTNERSHIP LIKE

Partnership is one of the most important relationships in our life. Equality is one aspect in a healthy and balanced partnership.

Evaluate your own partnership and its equality with the help of the following list:

Can you negotiate fairly about things?

- Finding solutions that satisfy both
- Accepting changes
- Willingness to do compromises

Are you equal in financial matters?

- Making financial decisions together
- Financial profit for both participants

Do you share responsibility?

- Division of labor that is fair and agreed together
- Making together those decisions that have with the family to do

Behavior?

- Both feel themselves safe

Mutual respect?

- Ability to listen without judging
- Mental support and understanding
- Appreciation of opinions

Do you trust each other; do you get support from each other?

- Supporting the goals that both have in life
- Right to own opinions, feelings, activities and friends

Are you responsible parents?

- Sharing the responsibility of being a parent
- A positive and non-violent role-model for the children

Honesty and trust?

- Accepting the responsibility of yourself
- Acknowledging the violence used before
- Admittance of being wrong

- Open and honest communication

TYPES OF VIOLENCE TOWARDS WOMEN

Physical violence

- Holding
- Tearing from hair
- Slapping
- Hitting with fist, kicking
- Strangling
- Use of different weapons

Consequences: bruises, losing the hear, sight or ability to move, lost of an expected child.

Sexual violence

- Forcing to sex
- Rape
- Sexual touching or attention that the woman does not want
- Treating as a sex object
- Damaging the intimate parts of the body

Almost always the violence continues despite of these life changes. When the relationship gets stable, the violence increases and gets more regular and serious.

Mental violence

- Subjection
- Verbal violence
- Letting the woman believe that she's mentally disturbed
- Giving the silent treatment
- Treating as a servant
- Not letting to participate in decisions
- Yelling and name-calling
- Verbal and non-verbal threat
- Following, disturbance, isolation
- Destroying the woman's belongings
- Cruelty towards pets
- Using children as a weapon of mental violence and control

Economical violence

- Forbidding the woman to have a job
- The woman has to ask for money / the man gives her weekly money
- Keeping the woman out of money

Physical and sexual violence or threatening

with them are the most common forms of violence directed to women who live in a partnership. It's typical that the different forms of violence appear together. It's difficult to see the many forms of power and control.

FACTS AND BELIEFS

Violence stops when you move together, get married and have children.

Almost always the violence continues despite of these life changes. When the relationship gets stable, the violence increases and gets more regular and serious.

Violence is arguing and battle of power in a partnership.

Violence is not a part of normal arguing, it's not negotiating between two people.

The woman is causing the violence herself by her own behavior.

This is the most common belief. In fact women try to change and adjust their behavior so that it pleases the partner and prevents the violence. Violence is not dependable on the victim's behavior or it's changing.

Women stay voluntarily in violent relation-ships.

Women are ashamed of their men's behavior and their own submitting. The consequence is often that the woman gets separated from human relations and social life. It's hard to get out of this trap. The biggest reason for staying is the fear – fear towards the partner, fear of revenge or fear of one's own survival alone or with the children.

Women who are targeted to violence are mentally disturbed.

Violence always causes the victim a mental crisis and a trauma. It effects deeply on her self-esteem and her feeling of value as a human being.

Violence is a consequence of using drugs and/or alcohol.

The role of alcohol in violence is being over-estimated. Also fully sober people can be violent. Violence doesn't necessarily stop when the drinking stops.

Man behaves violently because he has a traumatic childhood.

If the man has had a violent model of behavior in his home he can still be aware of this as an adult and change his thinking and behavior. When he's a grown-up he's fully responsible of his behavior, his choices and the direction of his life. Violence is not a problem of mental health.

Man is using his fist because he's not able to express himself in other ways.

It has not been discovered that men who use violence would be less able to express themselves than other men. Violence is not a problem of communication.

WHY DOES A LOVING HAND HURT YOU?

Violence is an effective way to gain and maintain power and control. A man who is using violence tries to control the woman with the help of fear.

A violent man believes that the woman is a source of his well being and thus she's responsible



for it. That's why he tries to control her behavior, thoughts and feelings in every way, so that his own problems wouldn't come up.

Many women have noticed that their men are "double personalities." They can be very charming, warm and intelligent to outsiders. But at home they're like different persons. This makes the victim uncertain of her own feelings and thoughts; she doesn't know what's true and what's lie.

DOES EDUCATION MATTER?

There's violence in all classes of society. The level of man's education does not matter. He can have a very powerful position in society, he can help people in his job, he can be a Christian.

DEPENDANT ON THE WOMAN

A man who acts violently is very dependable on the woman. She's property and fulfiller or needs, she doesn't get any respect as a human being. Jealousy and self-centrism are often involved.

HOW DOES VIOLENCE EFFECT CHILDREN?

Children can sense the tense atmosphere at home even if they directly didn't see the violence. Many children try to protect their mother and take responsibility of the situation. They might feel guilty of loving the violent father despite of everything.

Children suffer from similar consequences as women. They might have different pains like headache and stomachache. They might also have problems in learning, behavior disturbances, depression and aggressions. Especially boys can identify with father's behavior and start using violence themselves. It's possible that the man starts using violence also towards the children.

HOW TO AVOID A VIOLENT RELATIONSHIP

Usually all partnerships begin with falling in love, also those where the man later starts acting violently. Several women have noticed certain signs that occur before the direct violence begins.

Signs of possible violence

The man is jealous and demanding.

Jealousies also directs to friends and relatives.

The relationship begins with fast emotional affection. The woman becomes a center of emotions and expectations without you cannot live.

The man has unrealistic expectations towards the woman.

The man acts in a controlling way; he wants to know where the woman is, what she does and who she meets.

The man expects the woman to follow his directions and orders.

The man makes the woman feel that she always has to be sorry of something or apologize all the time.

The woman feels that she never does anything right, she doesn't dare to say her opinions.

The man is always blaming others of his problems.

The man has demands what comes to sex or uses power to get sexual pleasure.

The man has strict opinions on gender roles.

The man is acting rough, uses physical power to get what he wants.

The woman is afraid of the man when he gets angry.

The man is behaving totally different when he's with outsiders.

The man is joking around, making remarks in company, the woman gets embarrassed and feels shame.

The man is cruel towards pets.

The man is breaking things in the home.

The man is using physical power during arguments, for example shakes from the shoulders.

The man's father was violent in his childhood.

The man has been acting violently in his earlier relationships.

REACTIONS CAUSED BY VIOLENCE

Violence is usually causing the victim feelings of shame and guilt. It's also common to feel yourself scared, insulted, submitted, and humiliated. These reactions are perfectly normal forever-human being; they don't mean you are guilty for the violence. All feelings, also anger and rage, are right and justified. Violence is always an unfair act that nobody deserves.

Physical shock reaction

Immediately or after few days the victim is experiencing feelings of irreality, it's hard for her to think and act clear, receive information. She feels anger and sorrow, joy and confusion, panic and emptiness.

She might have physical reactions: feeling of weakness, pressure in the chest, troubles in breathing or heart bumping. If she got injuries, the feelings of pain might come later. It's possible she doesn't want to eat, she might also have stomach etc. pains, she can experience troubles with sleep.

The shock reaction might take few hours or few months.

TIPS FOR SAFETY

If you live with a violent person here is a safe plan for you:

If you must escape fast, think the way out. Doors? Windows?

What is the safest room in your home?

Avoid rooms without escape (bathroom, sauna).

Avoid rooms with knives etc. (kitchen).

Make a reason that allows you to leave.

Make some routine that allows you go out on a regular basis.

Where can you go, where is the nearest phone?

Make a list of emergency numbers. Keep it with you.

Make a list of phone numbers of those people who can help you. Keep it with you.

Are there are signs that occur before violent behavior?

Write down all acts of violence and threats as well as the images connected with them.

Try to save money for the leaving.

Keep a packed bag with all important papers and things in a place where you can get it easily.

Explain the children you might have to leave. Take them with you if possible.

Teach your children to call the emergency number.

Tell your neighbors about the violence, make a password for emergency situation.

YOUR SAFETY AT A MOMENT OF AN ATTACK

Call to the emergency / police number.

It's not always possible to foresee and avoid a violent situation. When this happens try to move into such places in your home where a) the attacker has least possibilities to use different weapons b) where you can easiest get to the front door. If you get attacked cover your head and stomach by bowing and using your hands as a shelter. Scream loud.

If you have time to prepare for leaving

- 1) Leave when the partner is not home.
- 2) Take the children with you.
- 3) Take all important papers with you.
- 4) Be prepared in case your husband closes or exceeds your common accounts.
- 5) Take all those personal belongings with you that have emotional value for you.
- 6) Take jewelry, photos, most important toys and medicines with you.
- 7) If necessary you can come back to get other things together with the police.

If you have already moved away

- 1) Get a secret phone number
- 2) Make possible meetings to places where there are other people around.
- 3) Write down all threats and acts of violence.
- 4) Ask contact information of possible witnesses.
- 5) Change the locks of your apartment if you think your ex-partner have got keys for them.
- 6) Don't be alone.
- 7) Change your daily routines, routes, times of leaving and so on.
- 8) Think how to escape in case your ex-partner finds you.
- 9) Tell about the danger at your workplace, kindergarten, school and so on.

MEDICAL HELP

After beating or sexual violence go as soon as possible to a doctor. It increases your chances with the law; you need documentation if you want to do a report of an office.

Make sure that the doctor sees all possible signs of violence, also those covered with clothes.

Don't wash yourself or your clothes before going to the doctor.

You have a right to get the doctor statement to yourself.

Remember that there are various phone numbers and associations where you can call 24 hours a day for free to get mental and legal advice.

Healthy Bodies

By WAU NC

MOTIVATION

I am going to start this month's article with a warning. I am about to be very blunt about a topic which women can be very sensitive about- their weight. My opinions are just that, mine, and the other women involved with this publication may or may not feel as I do on this issue. So if you read this and it makes you angry, feel free to hurl insults my way; but then go back and reread what I have written and decide where to go from there. That having been said...

There is no excuse for being fat, period. I am not talking about fitting into some Barbie doll/super-model mold and being rail-thin; I am talking about being a healthy weight for your body. If you have rolls over your bra and "batwings" on the backs of your arms, then you are fat. If this describes you, you probably have a list of excuses about why you are overweight; you are big-boned, it's genetic, it's your thyroid, you don't have time to go to the gym, whatever. Unless you have some rare medical condition, which I highly doubt, then it is nobody's fault but your own that you are fat. And as long as you continue to do nothing about it, I have no sympathy or any respect for you as a person, much less as a racist.

Now before getting all offended, keep in mind that I am trying to get the overweight women in our Movement motivated to better themselves. I was fat my whole life, up until I just got off my butt and did something about it. IT WAS EASY! And once you achieve a healthy body weight, the benefits are enormous (don't worry, I'll get on to that in a bit). All you have to do is put down the Twinkie, go for a walk, put forth a little effort and use your brain, and you won't be fat any more.



So first, let's go into why it's important to be in shape. There are the obvious negatives, and though you may deny it at first, every fat chick knows these to be true. It's simply no fun being overweight. Being heavy, you are most likely more self-conscious than you would be if you were fit. Low self-esteem, lack of confidence, and body image issues all go hand-in-hand with being fat, and believe me, I know. But as you work to lose weight, and you see the changes in your body, you will build the confidence that you were lacking, your self-esteem will improve, and hey, you'll look so much better! Now I'm sure many people say appearances are unimportant, that looks don't matter, and so on. But does anyone truly believe that? We are attracted to those of the opposite sex that we find physically appealing, and vice versa. The very first impression that you get of someone when you meet them in person is based on their physical appearance. Your self-esteem, as mentioned before, probably relates to your appearance somehow. So, tell me again- do looks matter? Of course they do! Now when I see a fat person, two words come to mind- laziness and greed. Too lazy to exercise, too greedy to skip the second helping. Those aren't exactly desirable traits in a person, especially in someone I am supposed to take seriously as a member of the Movement. How can someone be expected to raise their children to be superior adults if they can't even take care of their own bodies? That may sound cruel, but it is the honest truth. If you don't put forth the effort to watch what you eat and to keep yourself healthy, can you expect someone to think that you are doing the same with our future, your children? And your children are going to follow your example; if they see you as an active, healthy human being, they are going to follow the pattern that you set, now and into their adulthood. My three year old imitates me exercising and likes to eat salad like Mommy- those are things that have made an impression at a young age, and that are going to stick with him.

If all I've written up until this point hasn't had an impact, then let me say this. If you really don't care how you look, and you don't care how others see you, then fine. But if you drop the excess weight that your body is carrying around, if nothing else, you will feel so much better! You will not get winded going up stairs, you won't have achy joints, you will get sick less often, you won't get sore feet from walking because you'll be lighter and fitter- there are endless benefits to being healthy and the result will be how much better you feel. Why spend your entire life feeling like crap for no reason?

So that's the why of it all; everyone has individual reasons why they want to lose weight, and to really give it your all and meet your goals, you must be motivated to stick with it. Dieting and exercising sporadically, only to gain it back, is worse than doing nothing at all. So when you are ready, it's time to tackle the weight head-on and just go for it. I promise, once you get started, it is easier than you think!

I hope that this has given you a thing or two to think about; there is no reason for a woman to be fat other than laziness and unwillingness to do something about it. The smallest changes in diet and the addition of light physical activity really can get you on your way to a thinner and healthier you. In the following months, I will be discussing diet and nutrition, exercise, and sharing tips on how I dropped almost 70 pounds. Believe me, if I can do it, you can too. Until the next issue, I leave it in your hands.

If you have questions or comments, please feel free to email me at wau_nc@yahoo.com. If you have specific weight loss questions, I love to tell people what to do, so I will be more than happy to give out advice! Or if you want to just call me names, feel free to do that too.

Family Recipes

CURRENT SQUARES

Even in the age of convenience foods, home baking skills are flourishing, though the preference has shifted from large cakes to tray bakes. Here is an unsurpassed favourite, especially when made with a delicate flaky pastry.

Flaky Pastry

140g/ 5oz firm butter or margarine, grated
175g/ 6oz flour
pinch salt
iced water

Filling

110g/ 4oz butter
80g/ 3oz sugar
225g/ 8oz currants
pinch spice
1 lemon, rind and juice
1 large apple, grated
1 slice of bread, crumbled
Makes 20



To make pastry: freeze butter or margarine for half an hour before grating. Sift flour and salt, and then add butter or margarine. Mix into flour with palette knife. Add iced water until a dough is formed. Wrap and chill in fridge. Put all filling ingredients into a saucepan and bring to boiling point. Set aside to cool. Preheat oven to gas mark 6/ 200°C/ 400°F. Roll out half the pastry very thinly and line a Swiss roll tin. Pour on currant filling, spreading evenly, and then cover with the rest of the pastry. Glaze with egg or milk and bake for 30 minutes or until light gold in colour. Dust with caster sugar and cut into squares when cool.

Things Babies don't like

Still Faces. Infants understand people's intentions by carefully observing their expressions. Seeing someone wearing a mask, for example, may startle and confuse them.

Loud, deep noises. Higher – pitched sounds – like Mommy's voice or the singer on a lullaby tape are preferable, so Uncle Tom shouldn't get be insulted if your little one wails when he says hello.

Sour Flavours. Until they are eating solids, babies are only familiar with the sweetness of amniotic fluid, breast milk, or formula.

Bright Lights. Although they love shiny toys or mirrors, infant's eyes aren't yet used to full on sunshine or even the overhead lights in a room.

Overstimulation. While babies live to be entertained, too many people oohing and ahing at once can leave them grumpy, not grinning. Be sure to give your baby lots of down time.

“How can I tell if my babies shoes fit?”

Once your baby starts to walk or stand up for an hour a day, it's time to buy their first pair of shoes. The best place to start: with shoes that feel almost like going barefoot. The more a shoe bends, the better the chances are that a child's arches will develop properly; wearing shoe that are too stiff can lead to flat-footedness. When you take your toddler shopping, follow these four guidelines....

Flex 'em. The shoe should bend at the ball of the foot, not just the arch. When your child walks, their toes do most of the walking.

Let them wiggle their toes. Make sure your child can fit their thumb (lengthwise) between their longest toe and the shoes tip. And squeeze the sides at the ball of the foot; the shoe should buckle slightly at the top.

Feel the insides. Check the seams and lining for defects that could irritate.

Inspect the outside. Soles should have treads, but not thick or nubby ones, which can be challenging for new walkers.



DIARY OF A NEW MOTHER

BY NICOLE

It is 3 am and my little guy is wide-awake. Nothing like having days and nights mixed up. He is so content looking though, even as I sit here and look at him in his car seat kicking around, trying to make objects out. It's hard to believe he will be two weeks old on Friday. Time flies by so fast.

Well, I can say that all the fears that I had about his arrival are nonexistent. Anne has taken to him really well. She points at him and says, "baby." She'll laugh at him and look at me. I try to cut my time up with her as much as I can. She is such a good kid.

Emily and Katelyn have taken to him like I thought they would. Always wanting to kiss him, hold him, hug him - just plain love him. My little "Mommy's."

He has stolen everyone's heart.

He's the ninth grandchild on Ron's parent's side. The ninth grandchild and the first boy. The first boy on my parent's side also. He is going to be a spoiled little thing. My dad is already planning on taking him to football and baseball games and last weekend I heard Ron and his dad talking about when he will be old enough to go hunting with them. Yes, Ron has finally gotten what he wanted, his son.

Evan is such a good baby. He's nursing real well and is growing so fast. Everyone comments on how big he is for being two weeks old.

I love the nights. Even though he won't let me sleep. I enjoy this quiet time with him. I love how I can stare into his eyes as he nurses. I can hold his hands and stroke his head. It's the time that him and I bond. This is our time together.

My nights are starting to get better with Evan. He is now on a regular schedule. He wakes up at midnight, 3 am and again at 6 am. I'm not feeling as tired as I have been. Don't get me wrong, I take advantage of the weekends when Ron is off and he lets me sleep in while he takes care of the kids. But, I don't feel as drained during the week as I have been.

My milk supply is pretty well established now. My breasts no longer feel like 2 hard watermelons. LOL

He had his first check up yesterday. He's already 10 pounds. He has another doctor's appointment on the 13th of December. Then he'll be getting his shots.

After I gave him his bath today, I grabbed a 3-6 month outfit because I haven't had the chance to do his laundry yet, (I am doing it today) and it fits him perfectly. He is about out of newborn diapers too but I don't want to switch him over to a size 1 until his umbilical cord falls off. I hope it does soon.

I guess the "honeymoon" stage is starting to end with the girls and him. They would constantly be on him and lately, these past couple of days; they have been letting him sleep. They are on him like flies on honey when he is awake though.

My Dad and Grandma bought him a swing. One of those portable ones, it's nice. He loves this thing. LOL - I can FINALLY get things done now. Before I was the only thing that could put him to sleep, now his swing does too.

He was cooing a little last night. So cute! He was also mimicking my facial expressions. When I would stick my tongue out, he would too. LOL.

He has been staying awake longer lately. He wakes up for an hour and then he'll sleep for 3 or 4 hours.

Everyone had the flu in the house this last week. He was running a fever. He seems to be doing better as of yesterday. I had to give him some Tylenol a couple of times. The highest his fever got was 100.6.

He will be 3 weeks old on Friday.

Evan is now 7 weeks old. His smiles light up my world. He is also starting to do the deep belly laughs. After his bath today, I was tickling him to find out if he is ticklish or not -- he's ticklish on his belly, feet and under his chin.

I love playing with him. I love the big grins on his face and how his lips get small and he coos. He has such chubby cheeks! You just want to kiss him forever.

He's looking more and more like Ron every day. His hair fell out (he REALLY looked like Ron then) but it's starting to grow back in. It looks like he is going to have strawberry blonde hair. His eyes are starting to change colors. Looks like he is going to have Annie's color. A deep green.

He had a doctor's appointment on the 13 of December. He weighed in at 13 pounds 8 ounces and was 23 inches long. He's in 3 - 6 month clothing and he wears a size 2 in diapers. He has another appointment on the 12 of January. He's not going to be a happy camper then and neither am I. He gets his first set of shots then. :(

He also has a slight hernia but the doctor told me to not be concerned with it now. It's normal for infants to develop hernia's. She told me to tighten his diapers around it and to massage it at every diaper change. It's not that bad but I hate pushing on it. You can feel the air popping. It chills me.

He's getting a lot better with his neck control. I have been giving him 10 minutes of belly time after the girls go to bed. He can hold it up for about 30 seconds now on his own. He gets frustrated though. He really doesn't like belly time.

He's now starting to get attracted to colorful items. He loves the Xmas lights on the tree. He'll sit in his swing and just look at them. He also loves his rattles.

He's Mommy's little man. That little bugger knows right when I put him down. He loves sleeping in my arms. It's getting harder to do things now cause he always wants me to hold him and talk to him. I hate hearing him cry too. Everything now gets put off until Ron gets home from work. My poor house as of late. At least the laundry and dishes are kept up on! LOL. It'll get better soon.

Here we are fast approaching 3 months. Where does time go, really?

Evan is doing great! Two weeks ago he had a doctor's appointment and he weighed in at 15 pounds 4 ounces and was 24 1/2 inches long. He has another doctor's appointment on Monday to get the rest of his shots. All of the girls screamed when they got their shots but it doesn't faze him. His face will get beet red and that's it. He won't cry -- nothing. Surprised me. LOL I think him getting the shots bothered me more than it did him.

We also have to watch his hernia closely. His doctor said that he might have to have it operated on sooner. I won't know until the head pediatrician of PA gets back from taking care of the kids over in Somalia *rolls eyes* That's nice, send the head pediatrician over there to take care of them when children in America need to be evaluated. Oh man - I'm not going into that subject.

He is smiling like a nut. Emily lights him up the most. As soon as he sees her, he's grinning and cooing.

A couple of days ago while I was vacuuming, he just started cracking up. He found the vacuum cleaner amusing. I would turn it off and he would just look at me like "where did the noise go Mom?" and then I'd turn it back on and he'd start cracking up all over again. He's such a funny little guy.

He rolled over for the first time 3 days ago. It was from back to belly. He can't make it over though. He gets so frustrated, I have to flip him.

He's pretty much out of 3 - 6 month clothing now. He's fast approaching 6-9 months. Today I put one of the outfits on him that Anne¹⁴ sent me -- thank you very much! It fits him perfectly. I can't wait until he can wear the little frog outfits. LOL

He's in size 2 diapers but I think in about 2 weeks or so he'll be into size 3.

Petcare

If you have a child that is at that age of one or older, and is begging you constantly for a pet here are some reasons to help you decide if bringing a pet into your home is the right choice for you and your child.

Lessons in caring for animals teach children to develop very positive skills that contribute to a child throughout their entire life.

Many children raised with pets have better self-esteem and self-confidence with in themselves. They also develop trusting relationships with that pet, like they would with their stuffed animal. They share their secrets and private thoughts with their special pal.

Pets provide lots of life lessons besides responsibilities. These lessons include; reproduction, birth, illnesses, accidents, death, and bereavement.

They also learn gentleness, empathy, and commitment in learning to raise and care for their pets as well as respect for all animals big and small.

Cuddly creatures require love and attention to survive but most need daily food, water, and exercise. And some need training; their cages or litter boxes cleaned daily. No matter how much your child says they will do it, the responsibility for the pet's health is up to you. And mommies beware: It ends up being mommy's job.

All cuddly creatures can carry health risks and can tend to bite or scratch when feeling testy such as cats, dogs, hamsters, gerbils, and bunnies (which can happen when small children chase, tease or grab them). Both reptiles and birds can carry harmful bacteria like Salmonella that can be transmitted to children.

Pets are not horrible hassles. They just need to be chosen, purchased, and handled with care. Millions of animals that are abandoned and euthanased, every year in shelters are testament to the fact that just one badly motivated pet purchase can cause great suffering for the animal, the family, or both. That means that no matter how insistently your child begs for a certain pet, it's you who must decide if the pet is truly right for your particular family.

All kinds of pets bring children pleasure. But it is important to choose a pet that is right for your family, your home and your lifestyle. One that your child can help care for. Choose one that is none aggressive by nature. Also, remember even trained and domesticated animals can be aggressive at times. Consider exotic animals carefully, they may be difficult to care for.

References: <http://www.drspock.com>

Finding a Healthy Pet ~ Indicators of poor health are:

- Runny or crusty eyes or noses. This can be a sign of respiratory or eye infections. Such infections are generally treatable with antibiotics, so it's not a reason to dismiss an animal immediately (especially if you're at a shelter). But if a lot of the animals at a pet store or farm have these symptoms, it's a sign that the owners aren't taking good care of their pets, which could mean your potential pet has other problems, too.

- Ears. Head shaking and scratching may be a sign of fleas, ear mites, excess wax, or infection. Again, these maladies usually can be treated, but consider the cost involved and the care the animal has received in the past.

- Mouth and teeth. You may need help looking into the mouth of some animals, but even quickly checking out the teeth can tell you a lot about their health. Teeth that are overgrown or crooked (also called maloccluded) will need to be trimmed, straightened, or removed, for instance.
- Feathers, fur, skin, and scales. In general, you're looking for smooth, shiny fur and feathers, without large bald patches or visible dandruff. Fish should have intact bodies (i.e., no torn fins) and should be free of white or mold-like spots.

· Private parts. You may feel squeamish about this, but just as you're familiar with your young child's privates, you need to get familiar with your pets' regions. The area around the anus and down the hind legs of your potential pet should be fairly clean. Matted feces can be a sign of digestive disorder; urine-soaked fur can be a sign of a bladder infection or incontinence. Urine-soaked or poop-smeared bodies also can be a sign of poor care on the part of the owner.

Finding healthy pet references: <http://www.drspock.com/article/0,1510,5147,00.html>

Questions and Answers

Why does my cat "knead" me?

It's a sign that says cats are comfortable, happy, and relaxed. So you can take it as a complement: it's your cat's way of saying that he's happy you're around!

Is it okay for my dog to lick my son's face?

It probably is. The only disease that dogs and humans can pass back and forth through saliva is beta strep throat, which is rare. And if your son has a weakened immune system, you may want to be careful about exposing him to the normal bacteria that's present in the saliva of healthy dogs.

Just a reminder since you have a child in the house, be careful your dog doesn't become infected with worms. These parasites are not passed by saliva, but children can pick them up by playing on the ground or the floor.

Why Does He Roll in Dead and Stinky Things?

Dogs love to roll in things like dead animals, manure, and garbage. This is an instinct, which lets them cover up their own scent while hunting for prey. The only way to stop your dog from doing this is to not give him the option. This may be easy as far as the garbage, but not easy if you let your dog walk off his leash. The best way is to train him effectively and have him listen to your commands and be rewarded for obeying them.

Should the temptation to roll in something smelly be just too much to bother following commands, he can at least learn that if he does this he will not be allowed in the house or to jump up on you. At least this way he isn't sharing his smell with you!

My Child's Hamster has Escaped What Can I Do?

Don't give up hope even if a couple of days have passed by since her escape. She probably has found a good hiding place since they sleep during most of the day. A good trick that may work is to leave her cage open in the room where she escaped. This is so that she can smell her soiled bedding her food and treats that she likes. She will probably be hungry and possibly a little stressed so her own cage may represent a safe hiding place. You may wake up one morning to find her asleep in her cage again. But then this trick does not always work sadly to say.



NEWBORN DEVELOPMENT

by Anne

Because your newborn was curled up inside your uterus for so long, she will prefer to stay curled up for a bit. She will likely keep her arms crossed and legs curled up. Her legs may even appear to be “bowlegged” or curved. Don’t worry – she’ll uncurl herself and straighten out as she gets used to having so much room! During this time, it is also likely that she will prefer to be swaddled (wrapped tightly in a blanket).

She will spend most of her day sleeping. Don’t be alarmed if she spends up to 17 hours a day, sound asleep! This daily sleep marathon will be broken down into several naps a day.

Most breastfed newborns will need to eat every two to three hours. Babies fed formula can go a bit longer, about three to four hours. The reason being the proteins in formula break down a bit slower than the proteins in Mother’s milk. By the time she is one month old, you may see a definite eating/sleeping pattern developing, but do not be alarmed if it takes your child longer to fall into a routine.

A newborn’s only form of communication is through crying. Eventually, you will be able to tell what she needs by her different cries, but in the beginning – it’s a guessing game. She may be hungry, tired, in need of a diaper change, over-stimulated, or just wanting to be held and cuddled.

Your baby’s sight is still quite underdeveloped. She can only see roughly 12 inches. Recent studies have shown that babies prefer to look at human faces over other shapes or objects. Hold her in your arms with your face within one foot of hers and speak gently to her, she will study and learn every aspect of both your face and voice.

Treasure and make the most of these moments, before you know it, she’ll be out the door and on her way to college!



NEWBORN DEVELOPMENT

Part II by Anne

As your baby reaches the one-month mark, she will begin to discover that her arms are actually connected to her body! She may stare at her hands for very long periods of time and just marvel at their movement. Her movement will be quite shaky and appear out of control at this age. Soon after the hands are discovered, she'll see those feet! She will try and try to bring them up toward her face for closer observation, which makes this is a good time to start playing This Little Piggy with her!

Her neck muscles will be strong enough for her to raise her head and hold it up for a few seconds at a time. Place things just out of her reach to encourage her curiosity so she'll try and lift her head more often, and for longer periods of time.

She should be making some noise around this time too! She will grunt and groan as if working soooo hard! And she is working hard! Some babies will begin to "belly laugh" at this time also. Babies enjoy hearing you mimic them, so get right in her face and copycat her noises.

Her eyes can now focus and track objects a short distance away. Encourage this by taking heavily contrasting objects and tracing them in circles or squares in front of her so that she watches them. Although she won't be able to track from side to side for a few more months, this practice will help strengthen eye muscle development. Make and hold eye contact often by bringing your face right to hers.

This is about the time that she will begin to soothe herself. She will take and hold her pacifier with her sucking motion. She may also begin to suck on her hands and even those feet if she could just get a hold on those things!

Now that she will be awake for longer intervals, you can encourage sensory development by playing soft music. She will enjoy Mommy singing lullabies. Studies have shown that hearing their Mother's voice is both reassuring and calming to baby. She will also enjoy classical music such as Mozart. Fill your house with music and she will show her happiness by cooing, smiling and wildly "flapping" her arms and kicking her legs out. For her listening pleasure, play a variety of music to stimulate her senses.

All babies will develop at their own pace and some will do things later or earlier than others. But roughly comparing your baby to a "Milestone Chart" or a sibling will give you an idea if there is something wrong in her development. If you feel there is a problem, do not hesitate to bring it to the attention of your family doctor. Never deny your natural, Mother's Instinct or be too embarrassed to mention something during an office visit. This is your child, and there is nothing not worth checking into in order to ensure her a bright, healthy future.

VEGETARIAN DIET AND PREGNANCY



Many vegetarians, myself included, are used to facing concerns and prejudices about their diet, anything from humorous comments to long lectures. Those of us who are more familiar with vegetarianism know the change this diet can do both to our personal health and environment, not to mention to the welfare of animals. (See for example 101 Reasons Why I'm a Vegetarian by Pamela Rice at <http://www.vivav-egie.org/vv101/>.) For a pregnant woman, however, vegetarianism can arouse many concerns; does a meat-free diet give me all the necessary nutrients I need to have a healthy baby?

First, the idea that one needs meat to get all the necessary prenatal nutrients is a cultural assumption, not a scientific fact. There is no indication in the medical literature that the addition of meat to a pregnant woman's diet improves the outcome of her pregnancy or somehow results in a healthier baby. There's plenty of evidence that vegetarian and vegan women have healthy pregnancies and good-sized, healthy babies

Many pregnant vegetarian women worry that they're not getting enough protein, and that's why they often start eating fish just to fill the protein need. Actually, most women, including vegetarians, eat enough protein to meet the needs of a pregnant woman. A woman's body needs about 300 extra calories per day to grow a healthy baby, and the need for protein increases only by 20 percent. Extra calories in the diet are simply stored in the body as fat. Sources of protein are for example whole grains, soy foods, nuts (also as butter), seeds, fruits and vegetables. The last mentioned are also full of antioxidants. A rule of thumb is to vary the colors of the fruit and vegetables you eat.

Fish is also eaten because of omega-3 fatty acids that are important for the development of the brain and maintenance of the central nervous system. However fish oil isn't the only source of omega-3 fatty acids, they are also available for example from walnuts (also oil), soy products and soybean oil.

Your developing baby also needs calcium to grow strong bones and teeth, a healthy heart, nerves, and muscles, and to develop normal heart rhythm and blood clotting abilities. If you don't get enough calcium in your diet, your baby will leach it from your bones, which may impair your own health later on.

Milk is not the only source of calcium, and billions of women worldwide consume no milk and produce perfectly healthy and strong children. Good sources are for example: broccoli, seeds, sea vegetables, fortified orange juice, calcium-processed tofu, fortified soy and rice milk. A woman's body actually absorbs and retains calcium more efficiently during pregnancy.

Just as important is Vitamin D which is essential for the absorption of calcium and for the formation of your baby's bones in utero. Your body makes Vitamin D of sun exposure, but since your needs during pregnancy double, it's safer to make sure you have a dietary source of this nutrient. Vegetarian sources include egg yolks, fortified dairy products, and many soy and rice milks.

B-12 is also an important vitamin that can be found in fortified juices, cereals and meat substitutes; plants have very little of it. Sea vegetables, tempeh, and other foods, however, are said to be less reliable sources of vitamin B-12. Failure to obtain enough B12 could cause your baby to be born with very low stores, which can lead to B12 deficiency (weakness, loss of reflexes, failure to thrive, delayed development, muscle wasting, and irreversible brain damage.)

When the baby's blood is formed, the mother's blood volume rises to guarantee enough oxygen to her child. Therefore the need for iron increases during pregnancy, and many woman, vegetarians or not, experience anemia. Even if you're a healthy eater, diet alone may not give you enough iron and therefore your doctor may recommend you to take a daily iron supplement in the second and third trimesters.

Iron-rich foods are for example green leafy vegetables, beans, dried fruits (for example raisins), sea vegetables, nuts and seeds. Notice that vitamin C (for example in orange juice) helps your body absorb iron. Avoid excess consumption of tea, coffee and milk products or drink them between meals as they decrease iron absorption.

All this information and recommendations probably make you feel even more confused and you wonder if you will ever remember it all. Don't worry. It is recommended to eat according to your appetite, just limit junk food – fat, sugar and refined foods – as they displace more nutrient-dense foods. As long as you gain weight at an appropriate rate, the rest will fall in place. So relax and enjoy your pregnancy, and if you feel doubtful about anything, you can always discuss it with your doctor.

Compiled by Skuld

"Some women may not like to hear this, but the female body was designed for reproduction. Therefore, it is amazingly efficient. The female body is a miracle, and it's designed to survive under adverse conditions."- John McDougall, M.D.

Sources: Lorente, Carol Wiley (1997). Worry-free pregnancy: vegetarian moms-to-be can relax. A meatless diet is healthful for both mother and child. Vegetarian Times 1997. ~ Wilson, Melanie (2003). A Successful Veg Pregnancy. Vegetarian Baby & Child Online Magazine <http://vegetarianbaby.com/articles/successpreg.shtml>

JUICE IRON AND SOLID FOODS

By Nicole

Fruit Juice:

Your baby probably loves fruit juice as most babies do, but too much juice isn't good for your baby and it may very well end up replacing breast milk, formula or other foods that can provide needed nutrition for your baby. Offer your baby breast milk or formula first, then water. Limit the amount of juice to only 4 ounces a day. Any more juice may decrease the amount of times your baby nurses or bottle-feeds. If your baby loves juice and does not seem satisfied with 4 ounces, try diluting the juice with some water.

It is a good source of vitamin C, although a baby that is still nursing or bottle-feeding gets enough vitamin C to meet the daily requirements. Juice, like other foods, should be added to your baby's diet slowly. When adding any kind of juice, watch for negative reactions such as rashes or diarrhea. Some babies prefer fluids to solids. If you offer your baby too many fluids, your baby may not be willing to try solids. In general, offer fluids toward the end of the meal and between meals. Your baby may enjoy a little bit of juice after eating cereal. The vitamin C in juice helps your baby absorb iron.

Iron:

Iron is an important nutrient in your baby's diet. Babies whose diet includes only breast milk get an adequate amount of iron. Babies drinking formula should be fed iron-fortified formula. When cereal and solid foods are added to your baby's diet, your baby cannot use the iron in the breast milk or formula as efficiently. For this reason, choose an iron-fortified cereal for your baby in addition to breast milk or formula to ensure that your baby is getting the iron that he or she needs.

Solid Foods:

Offer new solid foods at the rate of one new food a week. Watch for any signs of allergies, such as diarrhea or rashes. If your baby refuses a new food, try that food again later. Your baby's tastes are changing and developing.

Consistency--One of the most important considerations at this age is offering your baby a food that is appropriate to your baby's development. Any solid food should be tender and soft enough also easy enough to squash with your fingers. If you want to serve your baby the same food that the rest of the family is eating, try overcooking, finely chopping, or using a baby-food grinder. Not all table foods can be prepared to be small or soft enough for your baby to eat. Mashed potatoes and cooked carrots are good choices. Table foods that are stringy, such as celery, broccoli, squash, and asparagus, can cause choking. By a year, your baby can probably handle most small, tender table foods.

Meats-- Most babies that are younger than a year have trouble eating meats. Many parents choose not to offer meats until the baby can chew thoroughly enough to manage them. Others chose to feed their babies commercial meats that are prepared especially for babies. If your baby is eating a wide variety of foods and nursing or bottle-feeding, meat is not a necessity during the first year. When

you do want to offer "baby food" meat, choose plain, unseasoned meats. "Real" meats (including poultry and fish with no bones) can be chopped and pureed. These may seem a little thick for your baby, but they can be mixed with a little breast milk or formula. At first, expect your baby to eat only 1 teaspoon of meat a day. By a year, your baby may be eating as much as 1 or 2 tablespoons a day. Baby food "dinners," which combine meat and vegetable in the same serving do not offer as much protein and iron as plain meat served with a plain vegetable. Offering a little meat, vegetable and fruit at the same meal will be nutritionally better for your baby.

Seasoning--If you taste your baby's food, you might decide it's a bit bland. Your baby doesn't know the difference. He or she isn't use to added salt and sugar, it tastes just right. Seasoning your baby's food is not necessary. Studies have not proved that an early introduction of salt increases the risk of high blood pressure, but the question of a possible relationship between the two is enough to advise caution. Adding sugar won't allow your baby to enjoy the natural sweetness of food. It may also start a habit that will be difficult to break.

Amounts--During these months, many parents become concerned that their babies aren't eating enough. The amount your baby eats at a meal may seem very small. The typical meal for a year old includes 1 tablespoon of each food group. That menu may translate into a tablespoon of cooked carrots, two bites of rice, a taste of meat and a couple bites of a pear. During the first few months of your baby's life, you concentrated on watching your baby for signs of hunger, thirst, and cues that your baby's hunger was satisfied. Keep watching these signs rather than the amount of food still left in the jar or on the plate. Good eating habits begin now. Teaching your baby to clean the last bits of food off a plate should not be a goal. Coaxing your baby to eat more, or playing tricks to get your baby to eat more, does not allow your baby to stop eating when he or she is full. By watching your baby for cues of being hungry or full, you can help your child learn that mealtime is a time to satisfy hunger.

*****Foods that might cause choking*****

Any food that will not soften or dissolve easily in your baby's mouth or cannot be swallowed whole is a choking hazard. Babies are most likely to choke on:

- Nuts
- Grapes, berries or raisins
- Unpeeled fruit
- Raw or undercooked vegetables
- Corn
- Under-ripe fruit
- Dried fruit
- Candy and gum
- Potato chips and popcorn
- Peanut butter (on a spoon)
- Hot dogs and luncheon meats, unless cut into lengthwise strips

*****A choking baby can't make any sounds. The baby's face will turn bright red, then blue. Be prepared to help your baby!**



Signs of Sexual Abuse

By Vicky

Sexual Abuse. We read about it and it sickens us. Who in their right mind would touch a child with sexual thoughts? It's something no one wants to talk about and certainly, no one wants to affect their own family.

Yet, survivors of sexual abuse fight alongside us for the future of our Children. These survivors found it within themselves to overcome it and are now mothers and fathers of beautiful Aryan children. Sadly, my own Mother was a such a victim. The memories may fade but the hurt will always be there. Now is the time to fight back. We must face this issue, both becoming more aware about the signs and symptoms of possible abuse as well as demanding cruel justice for those who would dare hurt our young.

Millions of Aryan children are victims of sexual predators and most of these predators are their own flesh and blood. Below are listed tell-tale signs to watch for that might indicate possible abuse. Also listed are links to public sites which list names and locations of know sexual predators. This subject is important. New information and resources will be discussed in each issue of Homefront as we tackle this issue head-on.

Possible physical and behavioral indicators of abuse:

- # Waking up during the night sweating, screaming or shaking with nightmares.
- # Masturbating excessively.
- # Showing unusually aggressive behavior toward family members, friends, toys, and pets.
- # Complaining of pain while urinating or having a bowel movement, or exhibiting symptoms of genital infections such as offensive odors, or symptoms of a sexually transmitted disease.
- # Having symptoms indicating evidence of physical traumas to the genital or anal area.
- # Beginning wetting the bed.
- # Experiencing a loss of appetite or other eating problems, including unexplained gagging.
- # Showing unusual fear of a certain place or location.
- # Developing frequent unexplained health problems.
- # Engaging in persistent sexual play with friends, toys or pets.
- # Having unexplained periods of panic, which may be flashbacks from the abuse.
- # Regressing to behaviors too young for the stage of development they already achieved.
- # Initiating sophisticated sexual behaviors.
- # Indicating a sudden reluctance to be alone with a certain person.
- # Engaging in self-mutilations, such as sticking themselves with pins or cutting themselves.
- # Withdrawing from previously enjoyable activities, like school or school performance change.
- # Asking an unusual amount of questions about human sexuality.

Sources: Northeast Texas Children's Advocacy Center

ASK HOMEFRONT

Questions & Answers

(Q) Can I use a Q-Tip to remove the wax from my baby's ears?

(A) No! You should never place a Q-Tip (or anything smaller than your elbow) in baby's ears, or your ears for that matter! The ear drum can be easily punctured. There is no reason to remove the wax and it will eventually fall out on its own.

(Q) How can I ease my baby's constipation?

(A) - While baby is lying on her back, gently bicycle her legs.
-If your baby is formula fed, ask your healthcare provider about switching formulas.
-Increase fluids. Juices such as prune or apple, may help older babies.
-Ask your healthcare provider about Glycerin Suppositories, or OTC Stool Softeners.
-For older babies, cut back on constipating foods such as rice or bananas.

(Q) Help! My newborn has cradle cap!

(A) Rub vegetable or olive oil into baby's scalp a few times a week – this will help remove the "scales". After using the oil, wash baby's hair with a gentle baby shampoo. Massage the shampoo into the scalp for as long as baby can stand it, up to 20 minutes. If the condition worsens, spreads or will not go away – consult your healthcare provider.

(Q)When will I feel the first movement?

(A) First movements are usually felt at about 18 weeks. First time Moms may not know what they are feeling are actually "kicks" from baby. Experienced Moms may feel movement earlier, as they know what they are feeling.

(Q)Is it normal to feel crampy in the beginning of pregnancy?

(A) As your uterus grows, some cramping is quite normal. If you are worried about miscarriage, always contact your healthcare provider. Never feel as if you are "bothering" them with silly questions.

(Q)How many calories do I need?

(A) This question is best put to your healthcare provider who knows your individual situation and health needs, but – in general: During the first trimester, you will not need to take in extra calories. During the second and third trimesters, you should take in 200 to 300 extra calories per day.

(Q)Are there any foods or drinks I should avoid?

(A) Large fish (shark, tuna, sea bass, swordfish) are known to contain high levels of mercury. Raw meats can contain e.coli and toxoplasmosis. Raw chicken and eggs can transmit salmonella. Soft cheese, such as brie and Pate can contain Listeria. Although it is not recommended by the FDA and all healthcare providers, some suggest staying away from shell fish while pregnant as some can contain bacterial, parasitic, and viral infections.

Aspartame – commonly known as NutraSweet is found in many diet drinks. In moderation, it shows no threat to most pregnant women. Some women may have inherited phenylketonuria (PKU), an amino acid that can prove toxic for children. For these women, aspartame should be avoided. Again, it is best to seek the advice of your healthcare provider where aspartame is concerned.

(Q)Is exercise safe during pregnancy?

(A) Again, where exercise is concerned – it is best to follow the advice of your healthcare provider who knows your individual health concerns. In general though, exercise during pregnancy is not only safe, but recommended. Through their extensive research, Drs. James Clapp and Elizabeth Noble found that pregnant women who exercised not only delivered healthy babies, but did so in less time than those women who did not exercise while pregnant.

(Q) Will sex harm the baby?

(A) You can safely have sex throughout your pregnancy, as long as it's comfortable for you.

All information was obtained from www.babycenter.com. The information contained herein is of a general nature and is designed for educational purposes only. ALWAYS seek the advice of your healthcare provider to ensure a safe and

A young girl with dark hair, wearing a yellow headband with colorful polka dots and a white sleeveless dress with red floral embroidery and a red checkered collar, looks up with a worried expression. An adult's hand is reaching down towards her head. The background is a blurred green field.

DISCIPLINE

Parenting is tough, and punishing is never fun. That's why we're compiling a list of our personal disciplinary tactics with our own children in order to share ideas with other parents. It can be frustrating trying to figure out a reward & punishment system that works for our kids, so the idea is to get a variety of ideas together for each issue of Homefront.

The Jarlt's taken a while to find something that works for my 3-year-old, but we have been using "The Jar" for a couple of months now and it has worked great. I picked up a tub of 100 plastic animals meant for counting and sorting. When we got it home, we dumped out all of the animals into an empty oatmeal container and I let my son decorate the jar with stickers, personalizing it a bit. I explained to him that when he is good, he gets to put animals in his jar, and that when the jar is full, he will get a special treat. He also loses animals for misbehaving. I found that having the jar fill up every two weeks is frequent enough to keep him from forgetting the reward, but is also long enough to still make the reward special. It may involve tossing in a few animals while he's not looking.

Amanda

We use a time out - our son stands in the corner. I found out standing in an empty corner, facing the wall annoyed him much more then just sitting in a chair. I use the old fashioned kind of timer so he can see how much time he's got left - they say to give one minute for each year old they are, but the time doesn't start to count down until he's done complaining and moaning, so sometimes it ends up more like 6 or 7 minutes, but he caught on pretty quickly.

Anne

When i discipline my child, i try to tell them what i DO want and expect of them rather than what i DON'T want. This seems to increase their feelings of cooperation and respect, and reduces the number of power struggles you may have, and believe me with four little ones "power struggles" are all to frequent.

Linda



KIDS CRAFTING CORNER



With so many seasonal celebrations coming up we at the Crafting Corner hardly know where to start. This month we feature valentine designs to download, color and cut. Don't worry if your child uses green or yellow for the hearts --the most important thing is to let the kids create!

I encourage everyone to get two plastic bins to keep the kid's art supplies in. I use the Sterilite 20 quart (19 liter) rectangular bins - inexpensive and a perfect size. One can store the paper and make the other a sort of 'anything goes' catch-all for crayons, markers, glue sticks, glitter, etc.

Another neat idea is to go to an art supply house (like a Micheal's or Hobby Lobby) and get an inexpensive, large paper portfolio to keep each child's flat artwork in. With a fat marker write the child's name on the outside and they will take pride in keeping new artwork in their own special file.

For our Valentine's Day project we are going back to the basics that children always enjoy - coloring and giving away valentines. These are simple designs that all the kids will enjoy.

Have your child color the valentine designs onto ordinary printer paper (or card stock). After coloring, have your child cut around the design.

This can be pasted onto a folded-in-half piece of construction paper to make a nice card. If you want a heart-shaped card, use the enclosed pattern.

Punch two holes on the folded edge of the card. Thread the ribbon through and tie into a pretty bow.

Another project they will like is with cutting lacy hearts from 8" or 10" white paper doilies. Paste them onto folded-in-half red or pink construction paper. An easy way to make a heart is by folding the doily in half and cutting half of the heart - it will be symmetrical when unfolded. Again, If you have some ribbon, punch two holes on the folded half, thread the narrow ribbon through and tie a pretty bow.

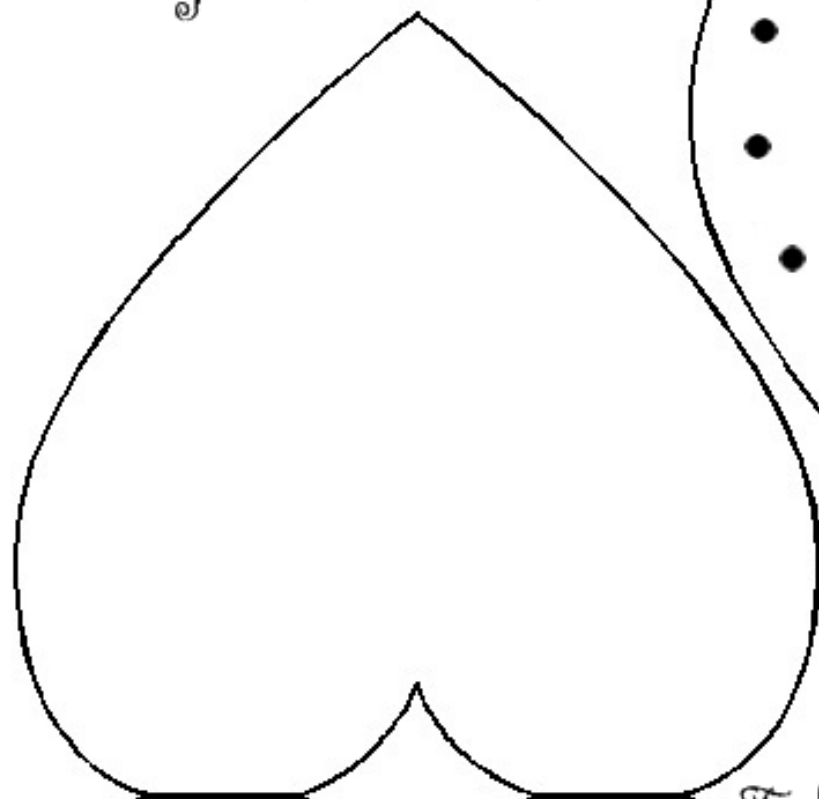
Supplies:

White printer paper or white card stock
Colored construction paper
Paper doilies
Glue
Crayons
1/4" Craft Ribbon

Parents might consider purchasing thicker white card stock. This sturdier paper is available at a printing supply house very inexpensively and can be used for lots of art projects. It is perfect for kids artwork and coloring as it has no sharp edges (no papercuts) and is easier for them to handle. The only thing you have to watch is that card stock tends to absorb ink so is not good for general printing.

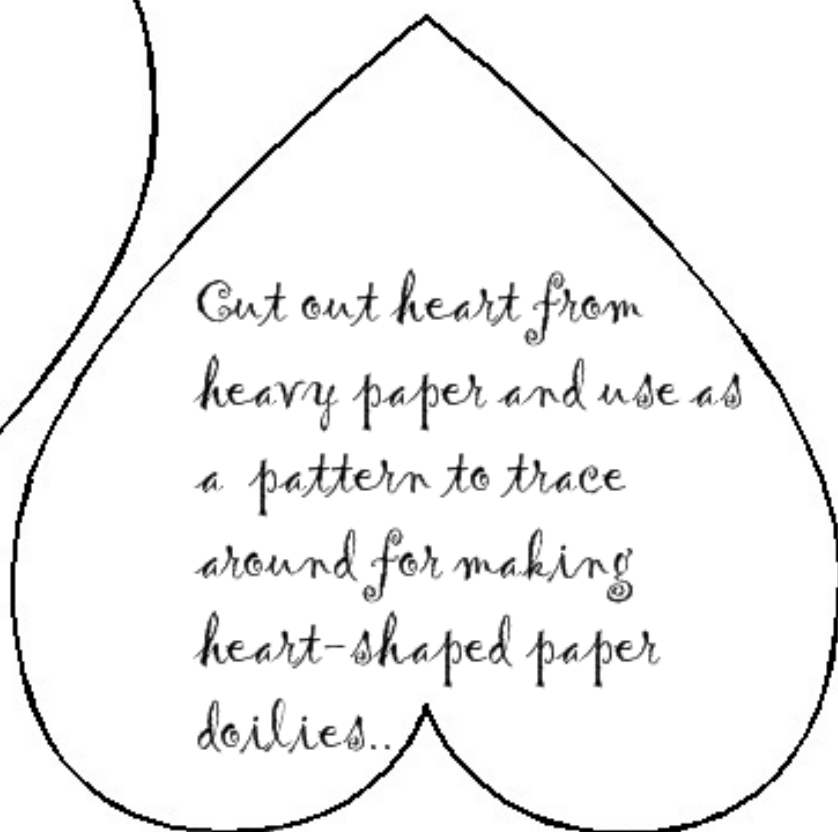
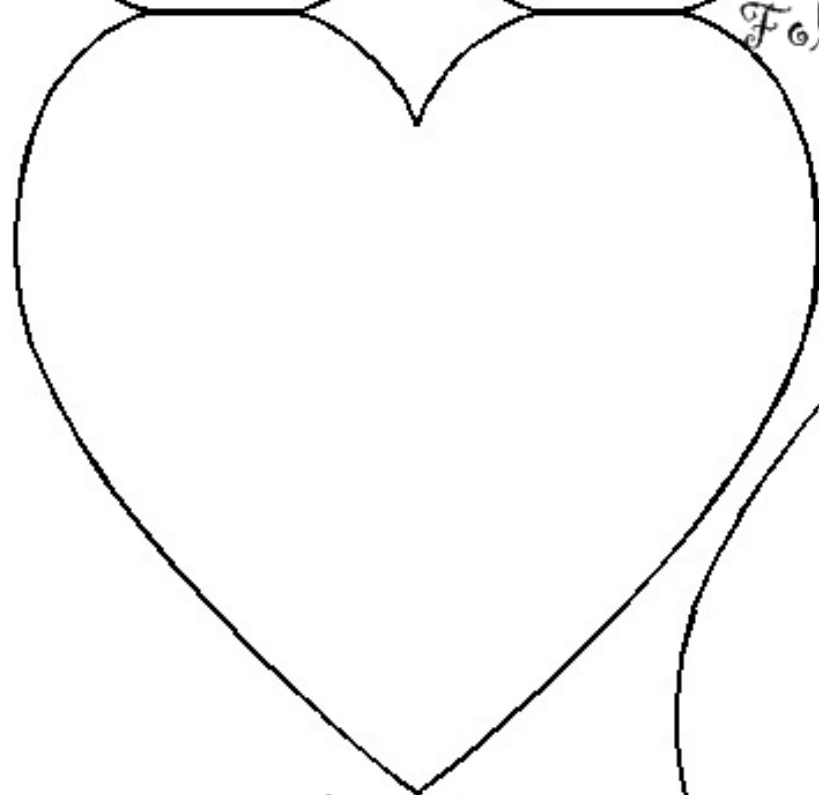
You can find a sketch of the Heart Design in the next page.

Homefront Valentines



Punch holes out and
lace ribbon through
them. Tie bow at
center top two holes

Fold here



Cut and color - decorate
with lace around edges!

Cut out heart from
heavy paper and use as
a pattern to trace
around for making
heart-shaped paper
doilies..

PRINT OUT AND COLOUR



CONGRATULATIONS

Homefront would like to Congratulate the following families on their Pregnancies and Births!

Births

Congratulations to Anne and Harry on the Birth of their first daughter Gyllian, sister to Bubs and Dale.

Congratulations to Ron and Nicole on the Birth of their first son Evan, brother to 3 sisters.

Congratulations to Kirk and his Wife on the birth of their son Max.

Congratulations to Teresa and Chester Doles on the birth of their grandchild Madison Kate Doles.

PREGNANCIES

Congratulations to Jessa and her fiance on their pregnancy!

Congratulations to Niki and Eddie on their pregnancy!



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