



# MOM

Add a little bit of body text

SEPTEMBER 2020

# A NOTE FROM JENNA & LISA

With another year's Mother's Day due  
We mark a date in our calendar for you.  
For all the moms with office jobs, who work  
construction, or who stay at home.  
Who work equally as hard to set a family's  
positive tone.

To all new moms, old moms, fun moms,  
Type-A moms, and veteran moms,  
We just needed to let you know, you guys  
are the bomb!

On this special day, remember to thank the  
special mom who raised you,  
Because your mom made you the mother  
you are today, so sweet and true.

Take a moment in your busy life to feel  
special, and slow down a sec  
Because as soon as you know it, your  
relaxation will end, and your family will need  
all hands on deck!

*Wishing you a very happy and relaxing  
Mother's day!*



# CONTENTS

## 03 WEAR IT PROUD

Mom wears her heart on her sleeve for her children, so why not buy her something that lets her wear her most important title across her chest!

## 04 BEAUTIFUL INSIDE AND OUT

.Make mom feel as beautiful as she in on the inside with some of our favorite beauty products.

## 05 WHAT'S YOUR LOVE LANGUAGE?

We all express and feel love in different ways. Do you know your love language? Do you know your child's? Read to see how to express all the love for your child in a way that they feel it most.

## 06 FITNESS MUST-HAVES

if mom gets her me time by working out, we have no doubt that she will want something from this list of fitness must-haves.

## 11 BRUNCH YOUR HEART OUT

Start the day with this delicious brunch item.





# WEAR IT PROUD



# BEAUTIFUL INSIDE AND OUT





## UNDERSTANDING YOUR CHILD'S LOVE LANGUAGE

Do you love your kids? Of course you do!! But do your kids feel your love? It may sound like a silly question, but love is love, and we all love differently. When it comes to our partners or those we are in a relationship with, we are able to talk about whether or not we are feeling or giving love in the right way, but with our children, it can be a bit more complicated. We are big fans of the 5 Love Languages. We have read it over and over to remind ourselves that people feel and give love in different ways. Do you know what your love language is? Do you know what your child's love language is? Take a look at the 5 languages of love and see what resonates with you. This Mother's day, gift yourself the book "The 5 Love Languages of Children" The Secret to Loving Children Effectively!"

### **Words of Affirmation**

Using words to affirm other people.

### **Acts of Service**

Actions speak louder than words.

### **Physical Touch**

Nothing feels more deeply than an appropriate touch.

### **Quality Time**

Giving the other person your undivided attention.

### **Receiving Gifts**

Receiving a gift makes them feel most loved.

# FITNESS



Being a mother is one of life's biggest gifts, but we would be lying if we said that it didn't come with its challenges. Until the day you have children, you are the top priority in your life, but the second you have your first child, that all changes. It's truly amazing how quickly the change happens, but as the kids get older, we continue to drop further and further to the bottom of the totem pole. One thing we have learned, is that WE are in charge of inching ourselves back up to somewhere near the top, because when we don't, everyone suffers.

As the women of our households and entrepreneurs, it is extremely important that we are organized and make the most of every minute of the day. Running Savvy Sassy Moms is our passion and we do our best to practice what we preach! They say it takes a village, or in this case, a community, to get it all done, and we couldn't agree more. Taking advantage of what our community has to offer is how we manage to care for ourselves while caring for our family. We love being members of the JCC and SRC and we want you to enjoy it to! Head to our instagram for a chance to win a membership!

**Enter here!**

# FITNESS





# For the new mom





## A GIFT OF EXPERIENCE

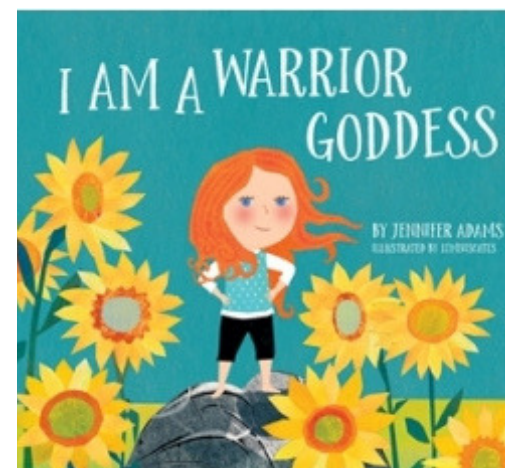
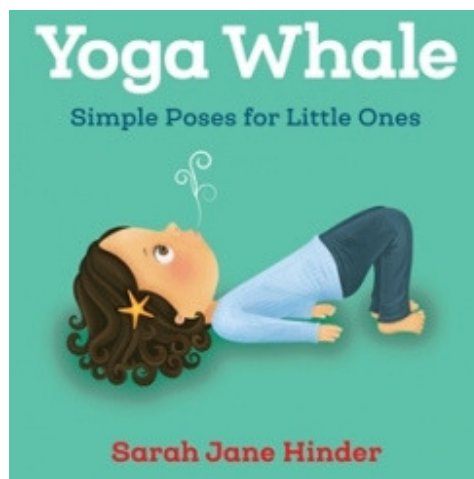
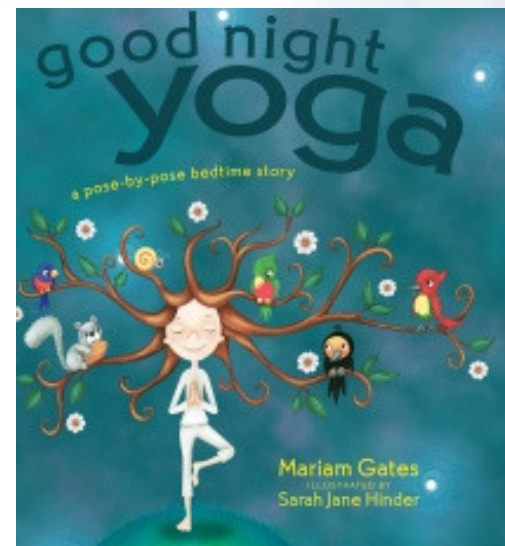
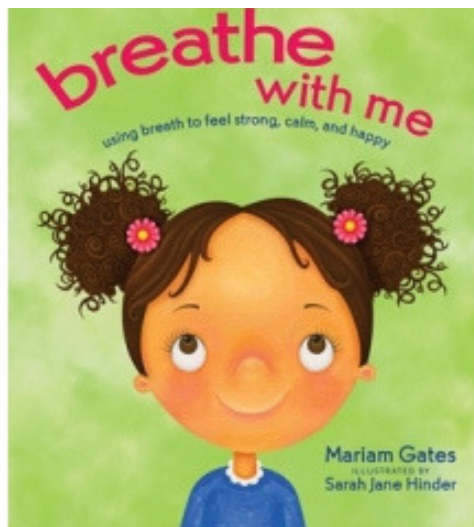
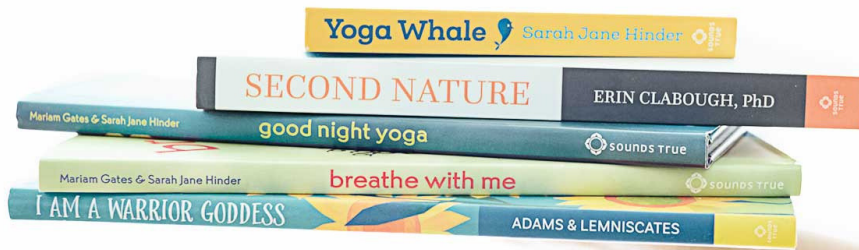
*just for you*

### PLANNED

- The Theatre
- Restaurant Brunch
- Weekend Away
- Spa day
- High Tea
- Cooking Class

### IMPROMPTU

- Movie
- Breakfast in Bed
- Mock Camping Trip
- Nails at home
- Tea Tasting at Home
- Home cooked meal as a family



**MOTHER'S DAY ISSUE**



# *over night* *french toast casserole*

## INGREDIENTS

1 large of challah (enough to yield 10 cups of chunks of bread)

5 large eggs

1 1/2 cups 1% milk

1/4 cup granulated sugar

1/2 teaspoons ground cinnamon

### **For the topping:**

4 tablespoons unsalted butter, melted

3 tablespoons brown sugar

1 teaspoon ground cinnamon

Pinch of salt

## DIRECTIONS

Cut the challah into thick slices and then quarter each piece of bread.

Mix together the eggs, milk, sugar and cinnamon.

Place the cut bread into a large Ziplock bag and pour the egg mixture on top to coat the bread. Leave in the fridge over night.

Take out of the fridge and pour the egg and bread mixture into a greased 9x12 pyrex dish.

Mic together the topping ingredients and sprinkle on top.

Bake for 30-45 minutes at 375 degrees.

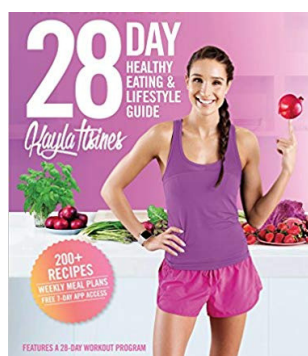
# *Enjoy!*

# Other Gifts Moms Will Love



SHOP NOW!

Be a Savvy Shopper. Shop for Mom & Earn Cash Back From ShopperArmy.ca. Join thousands of shoppers who earn cash back on everything they buy at Amazon.ca, and cash back on 60+ other top online stores like Shoppers Drug Mart, Sephora, Indigo, Well.ca and more. Shop these products with Shopper Army for cash back!





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