



MOM

A Mother's Day Gift Guide

MAY 2019

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!*



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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!

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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.

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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.

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HGTV Designer, Lifestyle expert, Author and Mom of seven.





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





INTERVIEW WITH LISA CANNING: HGTV DESIGNER, LIFESTYLE EXPERT, AUTHOR AND MOM OF SEVEN

Tell us a bit about yourself

I'm a parenting, lifestyle and interior design expert in Toronto, Canada. For the last ten years, I have managed major interior design renovations and worked in lifestyle tv on shows like Buying and Selling with the Property Brothers. At the same time, I grew my family to seven kids in ten years! It has been a wild adventure learning how to balance the many hats I wear.

As parents, we all have challenges. Can you share with us some of your unique challenges? For the first five years of my motherhood career, I felt utterly divided. I wanted to be a present mom, but I also felt a deep pull towards pursuing my career. So in the first five years, my struggle was understanding what my identity was, and how I could feel like I was serving my business AND my family well. Everything hit a massive implosion for me when I was sitting in my minivan, just days after giving birth to our fourth child, with both my hospital bag of baby necessities and my purse full of interior design supplies, about to bring my newborn to a messy job site. It was that day that I realized my priorities were a mess, and I began a journey of figuring out how to pursue my dreams, but not at the expense of my health. Since that day, I have worked hard to understand that my worth does not come from what I achieve at work, but instead comes from a more holistic approach to success! Currently, I still struggle with putting my health (aka sleep) high on the priority list, and I struggle big time with perfectionism and being hard on myself when things don't go according to my plans. One of the best pieces of advice I have been given on this topic is the whole notion that failure isn't really failure when you learn something from it. I've heard James Wedmore say that in regards to trying anything that you have not previously experienced success, you either get the result that you wanted, or the lesson that you needed.

What is your inspiration for doing what you do?

I want to change a generation of motherhood. I want to help make motherhood feel not so hard. I want moms to feel like motherhood is not the place where their dreams go to die, but instead where they can find and meet the best version of themselves.

What time management strategies can you suggest to parents?

I have a very clear sense of what my priorities are. For me, this includes the following in this order: spiritual and physical health, marriage, kids and then career. I have specific activities in my schedule that will ensure these priorities all have their appropriate time and place, and this is where I believe true balance comes from- where you can be truly present and in the moment in any activity you are in, and you don't feel pulled to do something else, because you know you have scheduled time for that other thing later on. I really do believe when we get strategic about what we personally take on, what we delegate, and what we delete, we can have seasons where we do not feel a constant state of guilt, and really feel free..

What time management strategies can you suggest to parents?

I love what Greg McKeown says in his book Essentialism- a no to one thing is a yes to something else. We must get good at defining and declaring the best places to invest our time! In my own life, this looks like using technology to automate almost everything- I have grocery shopping on an automated system where the same items get purchased and then delivered to my front door or to my car, I book any house maintenance work through an app, I invest in a dinner subscription box so I never have to think about what to cook for dinner, and many elements of my business are automated.

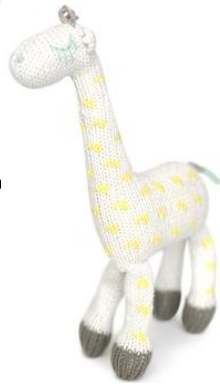
What time management strategies can you suggest to parents?

Eliminating non guilt really boils down to appropriate uses of your time, and ensuring that the priorities you declare to be important actually have activities associated with them on a regular basis! We can't just "think" a priority is important, we have to prove it in our actions. I think we also have to give ourselves permission as moms to invest in our own self care. Being a mom is hard work, and so the act of getting rest, and getting out of the house and away from kids for appropriate amounts of time is a necessity. We cannot give from an empty vessel, so we must invest in our own self care and not feel an ounce of guilt around it.

What does Mother's Day look like for you?

In my family, we take advantage of any opportunity to get a cake with writing on it! So we'll enjoy cake, and a decadent brunch at home. Home, surrounded by all my kids, is my favourite spot to be.

For the new mom





A GIFT OF EXPERIENCE

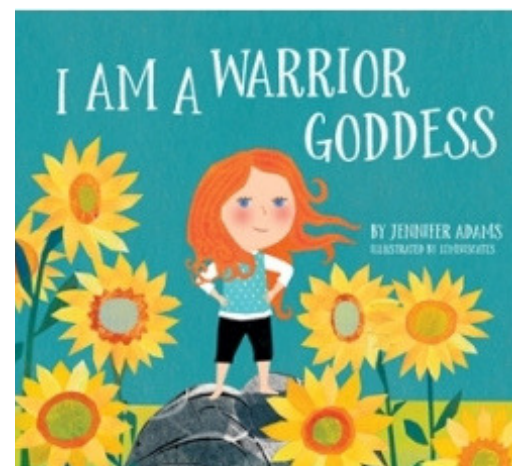
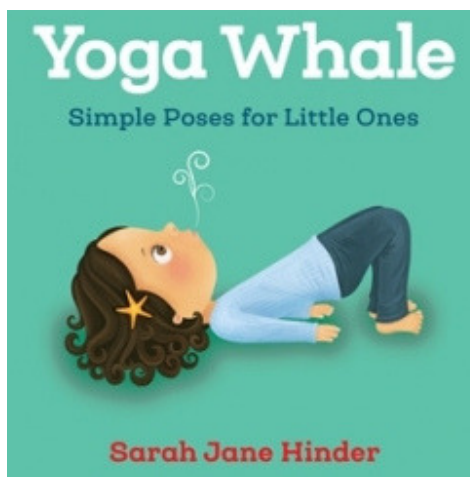
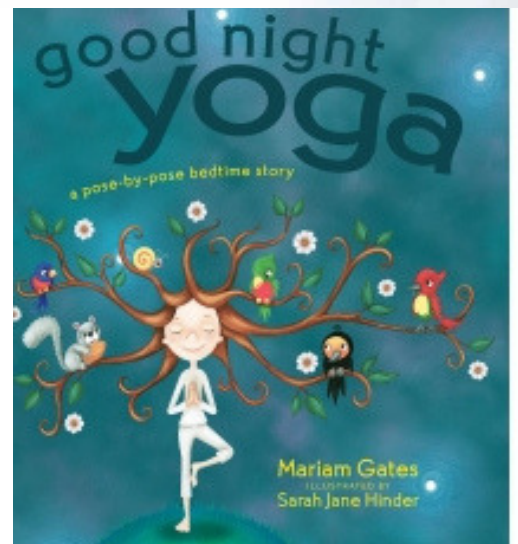
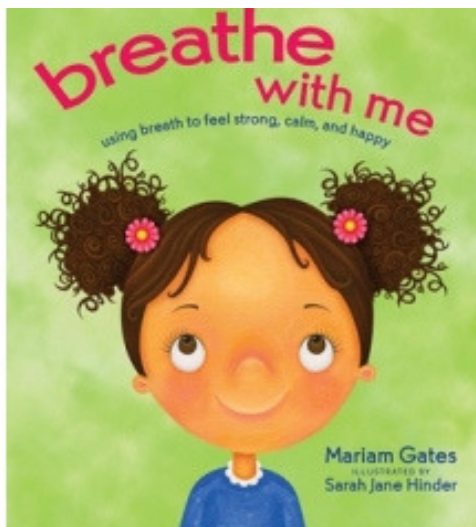
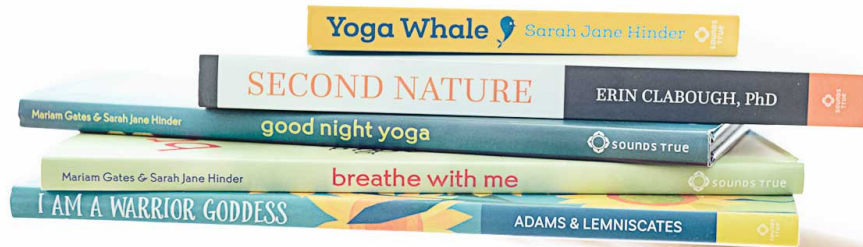
just for you

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



overnight french toast casserole

INGREDIENTS

1 large challah (enough to yield 10 cups 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 Ziploc 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!

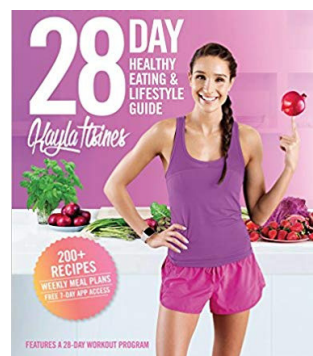
Other Gifts Moms Will Love



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!



A photograph of a woman with long dark hair and sunglasses on her head, smiling warmly as she holds a young girl with long brown hair. They are on a red metal playground structure with tan-colored rings. The woman is wearing a light grey long-sleeved shirt and dark blue jeans. The girl is wearing a light blue hoodie and blue jeans. The background shows a sandy playground area with green trees and a fence in the distance.

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**EVERY
MOM
RUNS ON
CUDDLES
AND
CAFFEINE**
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