



MMOMS RECIPE EXCHANGE

Finding yourself eating at home more and cooking the same things every week? Let's learn to cook some new, yummy dishes. Exchange your favorite recipes and collect some new ones!

Email your favorite go-to recipes to MontgomeryMomsCincy@gmail.com by January 20th. We will consolidate all of the recipes and distribute our own Montgomery Moms' Cookbook!



MNO - VIRTUAL TRIVIA

Thursday, January 21st @ 8:00 pm

Join us for our second comfy cozy Montgomery Moms virtual trivia! Grab a cup of hot tea or a good glass of vino! Keep your hair in a pony and wear your jammies!

Look for an Evite with details. We will purchase your seat for you, so please be sure to RSVP when you get the Evite. See you soon mamas!!!



SIP N' LEARN

Pausitive Parenting with Child in Bloom

Monday, January 25th @ 8pm

Zoom (Be sure to RSVP)

Join us for the first virtual Sip N' Learn of 2021! Renee Mattson, owner of **Child in Bloom**, will be talking to us about Pausitive Parenting. In this talk, parents will learn to pause into parenting situations so that they are more regulated as an adult and their kids will follow suit. Parents will learn to break down behaviors into Stop and Go situations using tried and true methods that educators use at school. With a focus on teaching, modeling and practicing, they will see changes in their household right away and these changes will last throughout their child's growing years! Pause in, and watch your family Bloom!! Be on the lookout for an Evite so that we can get an RSVP count.



Book Club

Tuesday, January 26th @ 7:00 pm

Zoom

Normal People by Sally Rooney

Looking forward to the discussion!