

## Start Your Engines

*September is upon us and hopefully we get the weather July owes us. Time to get back to our routine and plan for a busy and exciting Fall!*

*This fall my first-born starts kindergarten. (Deep cleansing breaths...) It's time to find out which clothes still fit and find those elusive white bottomed, scuff-free sneakers.*

*Fall is also the time for registering for all those extra-curricular activities. Find out all the details at [outsidethecrib.com/calendar/](http://outsidethecrib.com/calendar/) And be sure to visit our Calendar [outsidethecrib.com/calendar/](http://outsidethecrib.com/calendar/)*

*for details on all the Fall family activities. The calendar is added to daily.*

*Since turning 1, OutsideTheCrib has been making some changes. We love your feedback, so keep it coming! Watch for more contests including one from Nutara Baby & Tot and our new Mommy Spotlight and Shopping Guide. Besides our Facebook group, you can also follow us on Twitter ([outsidethecrib](http://outsidethecrib)). Speaking of Twitter, watch for the soon-to-be-added tweets of **Supermomdel**, she's neither a SuperMom nor a SuperModel but some days she'd like to think she's both. Most days though, she's a mother just trying to keep her head above water.*

### In this issue:

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### Upcoming Events:

For details visit:  
[outsidethecrib.com/calendar/](http://outsidethecrib.com/calendar/)

- 7<sup>th</sup>: Riverview Labour Day Picnic
- 11<sup>th</sup>-13<sup>th</sup>: Sussex Balloon Festival
- 12<sup>th</sup>: Fall Fun Fair @ Trinity United Church
- 17<sup>th</sup>-20<sup>th</sup>: Sackville Fall Fair
- 18<sup>th</sup> & 20<sup>th</sup>: Wildcats Season Opening Weekend
- 19<sup>th</sup>: Cat's Cup
- 19<sup>th</sup>: Christmas Daddies Family Fun Day
- 19<sup>th</sup>: WWE Raw Live
- 20<sup>th</sup>: Escapades: Pirates of the Crystal Palace

## School Bus Safety Tips

- Listen to the radio for late bus announcements and school closures and not just in the winter
- Be on time. Arrive at the bus stop 5 minutes early.
- Stand in a safe place away from the road.
- If you must cross the road, make sure the bus is completely stopped and wait for the driver to give you the signal before you cross. Never cross behind the bus.
- Obey the driver
- Go directly to your seat, face forward, respect others and allow others to sit with you. Remain seated.
- Place belongings on your lap or under your seat. Keep aisles clear.
- Talk quietly.
- Keep an eye out for your stop.
- Let others in front of you get off first.



- Wait until the bus has come to a complete stop before getting up from your seat.
- Let others in front of you get off first.
- When leaving the bus, move away from the bus, at least 2 meters. If you must cross the road, always cross in front of the bus; pass the crossing arm; stop; look both ways; wait for the bus driver to give you the signal to cross; look both ways again and then walk across the road.



## And the winners are...

### Nutara Baby & Tot Grand Opening Giveaway!

Enter for your chance to win  
an Ergo Baby Carrier

Visit  
[outsidethecrib.com/giveaway](http://outsidethecrib.com/giveaway)  
for details on how to enter!

In the Spring, OutsideTheCrib.com turned 1 year old and to celebrate, we gave away four great prizes. Winners were: Keith Godfrey (membership to My Gym); Christy Carter (membership to YMCA); Jenny Scott (family pass to the Magnetic Hill Zoo); and Paulette Vienneau (family pass to Empire Theatres). Thanks to all of our entrants!

Amanda Logue won *Stylin' Mama's* contest and received a pair of Little Soles shoes. Congrats!

The OTC's Mother's Day contest was a big hit and with the support of Altering Images Hair Design & Esthetics we were able to treat a well-deserving mom to some pampering!

Congratulations to Shannon Sisk of Moncton who is a mother of two (pictured below with her son Jordan). Shannon was very excited and enjoyed an extra special Mother's Day. Thanks to all those hot mamas out there for entering and to Altering Images!



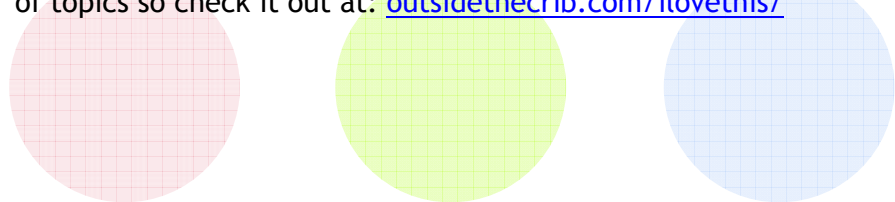
### Back to School Tips:

*Gently ease back into a routine by practicing a week before school starts. Earlier bedtimes and earlier mornings. Mirror the routine by eating breakfast at the time they will have to once school begins. Have snack at "recess time" and mimic "homework time" by reading a book or doing some science experiments. You may want to start an annual tradition whereby the family eats out at a special restaurant, or enjoys a certain vacation spot or a local attraction as a sign that the school year is about to begin.*

## "I Love This" Vacation

OutsideTheCrib's "I Love This" section is looking for your fav vacation spots you love to rave about. Summer is over and I've seen all the photos uploaded to Facebook, so share with the rest of the class. The OTC wants to start posting reviews of the good, the bad, and the ugly - well really just the good. Tell us the nitty gritty as to why it's a great place to take the family so other families can get the real 411 and not just some touristy description.

We've been adding new items to the section covering a variety of topics so check it out at: [outsidethecrib.com/ilovethis/](http://outsidethecrib.com/ilovethis/)



## Confessions of a Hot Fudge Mama

### by Alison Davidson

*"Even I don't wake up looking like Cindy Crawford."*

*-Cindy Crawford*

#### **MOMMY SPOTLIGHT**

*Do you know a parent who deserves a little recognition? Why not shine the spotlight on a fab mom or dad you know.*

*Send us their name and email to:*

[outsidethecrib@rogers.com](mailto:outsidethecrib@rogers.com)

*Don't miss a thing.  
Make  
OutsideTheCrib.com  
your home page.*

When I last wrote it was December, not a great dieting month. And now as Fall draws near I am at a new place.

I have ceased and desisted breastfeeding and feel that I can now exercise and diet to my fullest potential. If I so choose. And I do, but I am having some trouble getting motivated. Mostly for two primary reasons. For one, I have recently discovered that becoming a mother also means you become a short order cook. My day is littered with food requests, meals, snacks and more meals and snacks, thirsts that need quenching, and appeals to bake cookies. The other reason is that I have little to no will power.

My goal is to lose 38 lbs. Why 38? Because 38 is way easier than 40.

I have started running and after 3 weeks I have finally found my running groove again and am getting closer and closer to 5 km as my first exercise goal.

It's the eating part of the equation that is tough. But here are some dieting tips I have learned so far:

1) Start things off by getting sick. And with school starting, your children are bound to bring something home that will kick-start things.

There's nothing like not eating for 2-3 days to help the scale motivate you!

2) Don't eat while operating a vehicle. If you have multiple children involved in multiple activities you probably spend a lot of time in the car. Think of the calories you can drop.

3) At a restaurant, order something your children will like more than what they ordered, watch it disappear while eating half the calories.

4) Serve yourself and dish the children's plates from yours. You won't eat much but it will seem like you did.

5) Do not finish your children's meals once they are done. Yes, our parents were right, there are children starving all over the world but when you choose your stomach over the garbage can, what does that say about your stomach?

6) DO weigh yourself everyday because it will either motivate you to keep going, re-focus you if you've slipped, or re-direct you if you've plateaued.

7) Do not deprive yourself. Everything in moderation. The whole point of exercising is to allow for that odd beer or plate of nachos, or brownie, or ice cream cone, or piece of pie....