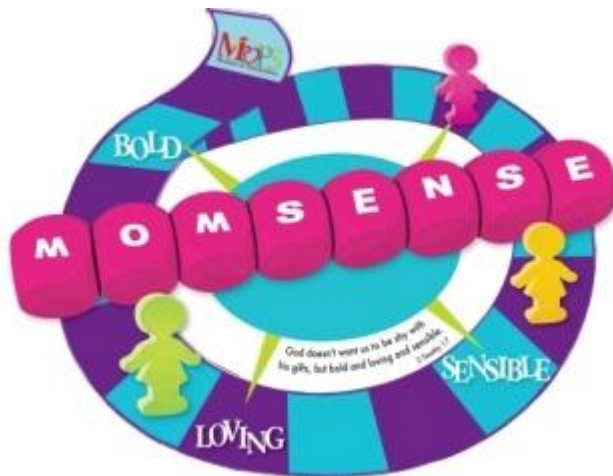


MOPS

OF

Abundant Life Baptist Church
Since 2002



269 Cameron Road
Washington, PA 15301
724-225-5355
www.albaptistchurch.com
Pastor: George Garancosky
Associate Pastor: Jeff Diedrich

MOPS international exists to encourage, equip, and develop every mother of preschoolers to realize her potential as a woman, mother, and leader in the name of Jesus Christ.

MOPS is all about...

- Celebrating motherhood
 - Meeting needs
 - Making connections
 - Experiencing God's love
- ...all through relationships and resources

The six needs of Mother of Preschoolers:

- 1> Identity: I want to find 'me' again
- 2> Growth: I want space to develop me.
- 3> Relationship: I want someone to come close and understand me.
- 4> Help: I want some help
- 5> Perspective: I want to stay focused on what matters
- 6> Hope: Sometimes, I want to find a deeper meaning to life.

Here at MOPS of Abundant Life Baptist Church, we understand the needs moms of preschoolers have... at any stage of life. Over the last 7 years, we have developed a MOPS ministry that we believe will meet your needs and help you grow. And it is to this end-- we know that...

"BETTER MOMS MAKE A BETTER WORLD"

Daily Schedule

9:00 AM MOPPETS caregivers arrive

9:15 AM MOPPETS CHECK IN

9:15–9:25 AM

Refreshments and fellowship
MOMS fellowship time (try to get your
refreshments during this time so you can be
in your seat by 9:30 AM)



9:30 AM ON TIME DRAWING!!! (if you are in your seat
you qualify for the prize drawing for that
week)

9:35 AM Morning announcements

9:45 AM Devotion given by a member of Steering Team

9:55 AM Refresh your plates and drinks

10:00 AM Guest speaker

10:30 AM Discussion groups

11:30 AM MOPPETS pick up (PLEASE be prompt)

11:30 -12:00PM Help cleaning up is always welcome!

Refreshments You'll be able to enjoy refreshments each meeting, if you arrive on time. The hospitality team will ask you to help provide refreshments occasionally. Anything goes, from fruits and veggies, to donuts and desserts. You name it, we will eat it. Also, if you make it from scratch, please bring in a recipe; you never know who will want to make it for their family

Announcements Listen each week for announcements from each steering team member. We share information about MOPS, as well as 'bits and pieces' that we think may be beneficial for you or your children. Also, look for information on the church website at www.albaptistchurch.com. We want you to always feel like you are part of the group even when you are not with us!

Enlightenment Our mentor mom is full of wisdom! She has 'been there, done that' when it comes to preschoolers. We are sure you will be enlightened as she mentors each of us in our roles as wives, moms, friends, and more. Occasionally, we will have an invited guest to share a special topic of interest. Please remember our speaker courtesy: whether it is a member of steering or a guest speaker, please refrain from getting up or visiting with your neighbor during the speaker's presentation. We appreciate your cooperation!!

Discussion groups This is where the discussion of the speaker's topic takes place while moms are building friendships with one another. It is a safe place to share prayer needs, ask for parenting advice and make plans to meet together outside of MOPS. Our hope is that each discussion group will use their personal gifts to encourage one another through each meeting, each week, all throughout the year.

Policies

Meeting Schedule: We will meet on the 1st and 3rd Thursday of every month from October through May. In December, we will only have one regular meeting, but there will be one special meeting for Christmas. Also, in January, we will have one regular meeting and one MOPS/POPS night. Childcare will begin at 9:15 AM and will last until 11:30 AM. Our meetings will begin promptly at 9:30 AM. Your cooperation is greatly appreciated. Please pick your child up immediately following the meeting unless you have made prior arrangements with the caregivers.

Meeting Cancellations: We will be following Trinity District School cancellation policy. Therefore, if schools are closed due to inclement weather or frigid temperatures, our meeting for that week will also be cancelled. If schools are closed for any other reason (i.e. broken furnace, electric off) our MOPS group will meet as usual. Please note: if there is a two hour delay our meetings will also be cancelled. During the winter months, please check email and Facebook to see the status of our meetings.

Meeting Dues: When you register for MOPS, you must pay the \$23.95 MOPS INTERNATIONAL MEMBERSHIP fee. This is sent to MOPS International to cover the expense of your "goodie" box and MOMSense Magazine, which you will receive for one full year. This fee also entitles you to change MOPS groups mid-year, in the event of a move or transfer, and still receive all the benefits of being part of MOPS. There are no meeting dues for attending MOPS at ALBC. We thank the church for blessing us with their generosity and support of the MOPS ministry. Please make checks payable to "ALBC", and note "MOPS membership" in the memo of your check.

Absences—VERY IMPORTANT: It is very important that you contact your Discussion Group Leader ASAP if you are unable to attend a meeting for any reason. This will ensure that your MOPS and MOPPETS spot(s) will be held.

Bringing Friends: Please feel free to invite your friends and mothers-to-be to our meetings. First time visitors will NOT be charged a fee for the MOPS international membership. If a mom decides to continue attending our group, she will then pay the \$23.95 fee.

Soliciting: We ask that you refrain from passing out flyers, brochures, and pamphlets promoting your business. Our main purpose of being here is to nurture women. There may be others who need the services of your home-based business or who would love to come to your home party, but we ask that you use the MOPS Welcome Table (located near the speaker podium) for this purpose. Everyone will be able to read this each week to see what may interest them. You may also give information to our public relations team leader if you would like something placed in the monthly newsletter. Please note: information submitted is subject to editing and review before printing.

Children in MOPS meetings: MOPS is primarily designed to meet the needs of mothers. One of the ways we do this is by providing a MOPPETS program geared specifically for the children. In order to maintain a "get away from it all" atmosphere for every mom in MOPS, we ask that only babies under 6 months be brought into the meeting with moms. If your child needs you at any point during the MOPS meeting, the MOPPETS caregiver will take you to a designated place in the building to meet with your child. This is a courtesy to our speakers and every mother who attends. Thank you for your adherence to this policy.

MOPPETS Worker Appreciation: We are keenly aware MOPS would not work without our MOPPET workers! Please remember to thank them and show your appreciation throughout the year. It is the little comments that they remember and by which they will be blessed.

Waiver: As a participant in MOPS, you agree not to hold Abundant Life Baptist Church and the MOPS steering team liable in case of injury or sickness sustained/contracted by your child while involved in the MOPS or MOPPETS program (see MOPPETS guidelines concerning illness).

Prayer Request: Our Steering Team considers it a privilege to pray for you! If you would like the steering team to pray for a certain request, please write it on the index cards that will be on the welcome table at each meeting. Anonymous requests are accepted as well. You can simply leave the request without a name and place it in the basket. You can always feel free to contact any member of the steering team at any time for individual prayer requests as well.

We hope that you enjoy your MOPS morning. We can assure you the children are being nurtured and cared for in a very special way. It is the goal of our MOPPETS volunteers to provide a pleasant experience for your children while they are here.

Please ask a steering member if you need help locating your child's room. Children are placed appropriately by age and developmental skills. If there is a question concerning the placement of your child, please see the MOPPETS Coordinator.

For the safety and comfort of your children and the children of others, we ask that you comply with these policies. The MOPPETS caregivers have been given the same guidelines during their orientation training and are asked to comply fully as well.

- ♥ Children should be brought to and picked up from the MOPPETS classrooms by the parent only and not by older siblings.
- ♥ There will be name tags provided each meeting for children.
- ♥ Please dress your children in "play clothes" as they will be participating in arts/ crafts during the meetings. The 3-year-old to 5-year-old classrooms may go outside, weather permitting, so please also dress them according to the weather. Label jackets and coats.
- ♥ Our MOPPETS volunteers begin their shift at 9:15 AM. Please drop your children off after that, but before the mom's fellowship time is over and the meeting is ready to begin. Children should be picked up from MOPPETS immediately following the close of each meeting unless the teacher is notified beforehand. Sometimes even the most well adjusted child will become fearful or anxious if he/she is left after the other children have gone.
- ♥ Children, who show signs of illness, such as high temperatures, mucus cough, diarrhea, undiagnosed rash, or infectious disease, cannot be accepted into the MOPPETS classrooms. The MOPPETS caregiver will notify the MOPPETS coordinator if a child becomes ill while at MOPS. The MOPPETS coordinator will notify the mom who will be asked to pick up the child immediately

- ♥ Please notify us immediately if your child has been exposed to any infectious disease and has attended a MOPS meeting prior to the realization of the exposure (i.e. chicken pox).
- ♥ No medications of any kind — not even Tylenol — will be given by MOPPETS worker. If a child must have medication, such as allergy medicine, it must be kept with the parent until needed, and then administered by the parent at the appropriate time.
- ♥ All bottles, blankets, sippy cups, diaper bags, coats, etc must be clearly labeled. It is especially important that the bottles and cups be clearly marked since many look alike.
- ♥ Bring only plastic feeding bottles, cups, and other containers. No squeezable juice boxes and no dark red or purple liquids in no-spill proof containers.
- ♥ Please only use disposable diapers when your child is in the MOPS nursery. Because of the prevalence of viruses, etc. and the need to eliminate the handling of diapers by the workers, disposable diapers are a necessity. If this is impossible for your child, please let the MOPPETS coordinator know.
- ♥ Mothers should refrain from checking on their children during the meetings. Say "goodbye" and leave immediately, even if your child is crying. It upsets the youngsters to see people come and go from the rooms. The crying usually stops quickly. When you return for your child after MOPS, your child will learn that you keep your promises to come back each time. Mothers will be notified immediately if they are needed.
- ♥ We ask only babies younger than 6 months be brought into the mother's meetings room during any portion of the MOPS morning. Nursing children of any age may be released from their classroom for a short time to eat. It is important that crawlers, walkers, and vocalizes NOT attend the meeting except for the nursing period. MOPS is a special time for moms to have a break from the responsibilities of being a mom for just a brief time. Children in the meeting are distracting to their own mom, to other moms, and to our speakers. We have also found that children who participate fully in the MOPPETS program learn to love MOPS and call it their own.

- ♥ Please do not move your child to a different room without prior permission from the MOPPETS coordinator. Numbers of children per room have been previously calculated to help accommodate your child's safety.
- ♥ The MOPPETS rooms for infants through 24 months will provide auditory as well as visual stimulation, but most of all, a loving, caring atmosphere where the infants/children will feel safe and secure and learn about the love of Jesus.
- ♥ The MOPPETS program will provide a structured lesson for the other classes, including story time, craft time, music, and recreation, free time and snacks. PLEASE LET THE MOPPETS COORDINATOR AND YOUR CHILD'S TEACHER KNOW OF ANY FOOD ALLERGIES YOU CHILD MAY HAVE. If you have a young child who is not yet drinking from a cup, it would be helpful to bring a labeled sippy cup for him/her.

IF, AT ANY TIME, YOU HAVE QUESTIONS OR CONCERNS ABOUT YOUR CHILD OR THE MOPPETS PROGRAM, PLEASE DO NOT HESITATE TO CONTACT OUR MOPPETS COORDINATOR, KIM WIETASCH OR THE MOPS COORDINATOR, LISA STRNISHA



Discipline Policy

It is important to have a policy in effect, although we trust we will not have to resort to insisting a child leave the MOPPPETS program. The policy is "Three strikes, you're out". It will only be enforced when a child is in danger of hurting himself, other children, or the teacher at any time during the mops morning.

1> **First Strike:** If a child is exhibiting a behavior that is putting anyone in danger of being hurt, the first strike will come as warning. The child will be warned of the consequence of his/her behavior. For example, if Timmy throws a block across the room, the teacher will warn him that this is unacceptable behavior because the block could hurt someone.

2> **Second Strike:** If a child continues on with this behavior, the teacher will talk to the child once again, stating this is unacceptable behavior, and the child will be moved away from the area. Example: Timmy throws another block, the teacher talks with Timmy and he moved away from the blocks and is not allow to play with them again that day.

3> **Third Strike:** If the child defies the teacher for a third time, his behavior will once again be brought to his attention by his teacher, and Mom will be brought in and will have to remove the child from the class for the remainder of the day. Example: Timmy will have to leave the class with Mom but will be warmly invited back by his teacher the next meeting.

Again this policy is put into place to protect all involved in the classroom setting. Teachers will be responsible for general discipline and may from time to time need to speak with a mom after class about specific behaviors that do not pose danger to anyone in the classroom setting but may cause distractions to the teacher or children.

We want to make our classrooms a safe, warm and inviting place where moms and children feel comfortable and will want to return. Thank you for your cooperation!

Steering Team

Coordinator and Finance Coordinator

Lisa Strnisha

Co-Coordinator

Amy Dufalla

Mentor Mom

Becky Donnelly

Hospitality

Abby Shrader, Janine Turturice

Newsletter

Corie Ferri

Group discussion leaders

Dianne Gardner, Amanda Gaiser

MOPPETTS Coordinator

Kim Wietasch

Handbook, Finance Coordinator, MOPS Directory

Camille Diedrich

