

Chapter 1 : 25 Women Share Alarming Stories of Childhood Sexual Abuse - Ms. Magazine Blog

"Being a mother means being completely and totally overwhelmed (in the best possible way) by love, joy, responsibility, and selflessness. Motherhood means sleepless nights, big belly laughs, caterpillars on the coffee table, finger-painting in the kitchen, stubbed toes, and gapped toothed grins.

Enjoy the following random collection of quotes, tributes, scriptures, poems, and advice that honor the experience of motherhood. Ever so gently she cares for her precious child. Nor does its tender care diminish through the years. There is something each day to embrace and cherish. Please know that it is worth it then, now, and forever. Andersen My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute my success in life to the moral, intellectual, and physical education I received from her. Or the climbing, falling colors of a rainbow. There will be hard times and frustrating times, but amid the challenges there are shining moments of joy and satisfaction. That is her secret you know, always giving without any expectations. She is as constant as the sunrise, the moon, the stars, and I count on her. She helps me find my way through the years and makes me laugh while doing it. There are some things only a mother can do. When trials heavy and sudden fall upon us; when adversity takes the place of prosperity; when friends desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts. Such an incredible blessing. Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain: Help her to fear only God and not man. And remind her that the mission-field of home is a battleground worth fighting for. And all of them are the most beautiful things you will ever experience. The influence of a mother in the lives of her children is beyond calculation. And we each have the responsibility to love and help lead the rising generation. It is such a beautiful experience. I so strongly recommend it. She puts her head down and she gets it done. And she finds a way to have fun. It is not something to do if you can squeeze the time in, it is what God gave you time for. There truly is nothing I can say to capture what motherhood means to me, particularly given my medical history. They just exist in the moment. It is the highest, holiest service to be assumed by mankind. It places her who honors its holy calling and service next to the angels. Motherhood really grounds you. I recommend taking a lot of family pictures as evidence to the contrary. No love so instantaneous and forgiving. It is impossible to overestimate the influence of parents who understand the hearts of their children. Some people said that my life ended when I had a baby, but my life had just begun. A mother always has to think twice, once for herself and once for her child. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind. Such love nurtures and sustains faith in God. Such love is a source of strength and casts out fear. Such love is the desire of every human soul. If love is sweet as a flower, then my mother is that sweet flower of love. Everything gets reduced to essentials. Take time to listen, to laugh, and to play together. I am not enough, but Jesus is. When you grow old, when your hair turns white and your body grows weary, when you are prone to sit in a rocker and meditate on the things of your life, nothing will be so important as the question of how your children have turned out. The noblest thoughts my soul can claim. The holiest words my tongue can frame. Unworthy are to frame the name more sacred than all other. An infant when her love first came, a man, I find it just the same. Reverently I breathe her nameâ€”The blessed name of mother. Time and truth are on your side. At the right moment, your words will return as if from heaven itself. Your testimony will never leave your children. Your heart is beating outside your body when you have a baby.

Chapter 2 : The 1 Reason Britney Spears and Kevin Federline's Child Support Battle Is So Alarming

Being a mother in Hawaii during 38 minutes of nuclear fear (iStock) By Allison Wallis. January We knew there was a big swell coming in, so when the alarm blared on my phone at 8 a.m., my first.

It quickly became apparent that something was wrong, says Wilhelm. Her father, a life-long skier who was normally muscular and fit, now looked frail and weak. According to Fabius, sudden weight loss is a frequent health problem in elderly populations. Judging by his own practice, he estimates that as many as 15 percent of seniors have or will suffer from such a condition. I could not believe the man looking at me was the father that used to put me on his shoulders when I was a little girl. I really had no idea what to do. And by the day of the wedding, he was so weak that she says it was heartbreaking to look at him. I would have been devastated if he were to have fallen while we were dancing together. The sudden weight loss had been a signal of a distressing problem, but neither he nor his physicians caught it in time. He and his doctors had missed or ignored one of the fundamental elder care warning signs-his weight loss-and now the cancer had spread to his brain. Most cancers are treatable in their earliest stages. Is the patient taking in enough calories? If so, is the patient still losing weight? Is there an appetite? Sudden weight loss can be associated with depression, social withdrawal, or loss of a will to live. Loss of smell and taste: Though a normal part of the aging process, loss of these senses can be exacerbated by medication or disease, which can result in anorexia. A common complaint, constipation can be a result of a diet that is lacking adequate nutrients and fluids. Though there are several over-the-counter remedies for constipation, Fabius also recommends combating poor nutrition with a daily multivitamin and possibly a dietary beverage supplement such as Ensure. Whether a result of chewing problems or disease, a sudden disinterest in food is a cause for concern. Fabius encourages friends and family members to step in and help a loved one who is reluctant to seek medical assistance. That connectedness is vital. However, he says there is pharmaceutical research in progress that could change that. I did what would make my father the happiest. We have to make sacrifices for family. He grunted so I knew he heard me.

Chapter 3 : 10 Hardest Things About Being a New Mom

My mother is giving away her savings/retirement to my brother (for frivolous things) at an alarming rate. I have warned her she needs to save for her own future, (she's in her 60's) but she doesn't listen.

Risks Without Restraints Falls Physical restraints have been used to remind individuals not to get up without assistance. However, there are often newer and safer techniques available. Restraints are sometimes useful as a temporary measure in providing needed medical treatment - such as intravenous medications, specialized feedings or wound care - during the assessment period, or when other less restrictive measures have failed to provide adequate safety. Applying physical restraints routinely or for prolonged periods should be avoided whenever possible. Restraint use often leads down a slippery slope of increased dependence and disability. Restraints may cause strangulation, and lead to muscle loss and bone weakness. Restrained individuals often feel humiliated. They may become depressed, withdrawn or agitated when freedom of movement is taken away from them. Restraints pose special risks for people who are agitated, or who may fall while attempting to escape their restraints. One recent study documented an increase in falls - and an increase in serious fall-related injuries - when restraints were used. Studies have also demonstrated a dramatic decrease in behavior problems when restraints are removed. Potential risks posed by the restraint will also be described. The restrained individual will be under regular observation, and will have adequate opportunities for movement and toileting. A plan will be in place for eventually phasing out the use of restraints completely - or at least finding the least restrictive form of care that will meet the needs of that particular individual. The staff will monitor the resident for common side effects of restraint use, such as increasing weakness, other physical effects, fear, agitation and depression. Staff will be prepared to address these problems if they occur. Minnesota passed a law in Minnesota Statute It also specified that legitimate medical reasons for using a physical restraint include: The following measures may make restraint use unnecessary: Personal strengthening and rehabilitation program; 2. Use of "personal assistance" devices such as hearing aids, visual aids and mobility device; 3. Use of positioning devices such as body and seat cushions, and padded furniture; 4. Efforts to design a safer physical environment, including the removal of obstacles that impede movement, placement of objects and furniture in familiar places, lower beds and adequate lighting; 5. Regular attention to toileting and other physical and personal needs, including thirst, hunger, the need for socialization, and the need for activities adapted to current abilities and past interests; 6. Design of the physical environment to allow for close observation by staff; 7. Design of resident living environments that are relaxing and comfortable, minimize noise, offer soothing music and appropriate lighting, and include massage, art or movement activities; 9. Use of bed and chair alarms to alert staff when a resident needs assistance; Use of door alarms for residents who may wander away. If a restraint device is already being used as part of the care provided, there are a number of ways to become involved. Ask for a thorough assessment of possible causes for the medical symptom that made use of the restraint device necessary. Ask for information about alternatives to the use of restraints. Participate, as much as possible, in the assessment of needs and development of care plans for your family member. You can help develop an effective care plan, and you will gain a better understanding of the care plan itself and the safeguards that will be used in caring for your family member. Your experience and knowledge are instrumental in developing an individualized care plan. Expect a plan that calls for the gradual replacement of restraints with alternative safety measures - measures that are less restrictive and allow the individual to function at the highest possible level. Restraints should not be removed abruptly, without planning for alternative safety measures. Expect a plan that calls for on-going monitoring and reassessment of alternative safety measures, as they are introduced. Notify staff of changes in behavior or function that may signal a developing or progressing medical problem. As a concerned family member or other surrogate decision maker, you have a responsibility to act in the best interests of the affected individual. You can provide invaluable information to the health care team. You have the right to approve or refuse health care for your family member, in accord with previously expressed wishes or advance directives. Be aware that - as with any form of medical care - you may not demand care that is potentially harmful or

medically unnecessary. Providing safe care for individuals with physical and mental limitations is a universal concern. There is now convincing evidence that safe care can be provided without applying physical restraints which unduly restrict freedom and create other serious risks. Nursing home residents are particularly susceptible to falls, but they may be placed at even greater risk as a result of restricted physical activity. There is no effective and humane way to prevent all falls. Facilities that have dramatically reduced physical restraint use have not experienced an increase in serious injuries and have seen marked decreases in the incidence of agitated behavior among residents. Reducing the use of physical restraints is a national goal which is being promoted by care givers from all segments of the health care team. The motive behind the goal is enhancing the quality of life of nursing home residents while assuring safety. The payoff will be better and more appropriate health care for individual nursing home residents who will be spared the indignities and harmful effects of unnecessary physical restraints. Quality Care Without Restraints. The American Health Care Association: Alternatives to Physical Restraints. J Gerontol Nurs 22 2: Donius M, Rader J. Rethinking a Standard of Practice. J Gerontol Nurs 20 Gerontologist 36 4: Tying Down the Elderly. Myths about Elder Restraint. J Nurs Schol 22 2: Hodgetts G, Puxty J. Safety and Efficacy of Physical Restraints for the Elderly. Can Fam Phys Changes in a Standard of Care. Ann Rev Publ Health Nursing Home Restraints and Legal Liability: J Legal Med, March, JAMA 1: Miles SH, Irvine P. Deaths Caused by Physical Restraints. Gerontol 32 6: Miles SH, Meyers R. Clin Ethics 10 3: A case of Death by Physical Restraint: New Lessons from a Photograph. Miles SH, Parker K. Deaths Caused by Bedrails. Where Are We Now? Nursing Home Economics 4 3: Province MA et al. JAMA Ray WA et al. JAMA 7: Preventive Med 23 5: Annotated Bibliography Physical Restraints. Castle NG, Mor V. Physical Restraints in Nursing Homes: Medical Care Research and Review, Vol. Talerico KA, Capezuti E. Myths and Facts About Side Rails. American Journal of Nursing, July ,Vol.

Chapter 4 : Safety Without Restraints

The meaning of being a mother is virtually endless. A mother is a protector, disciplinarian and friend. A mother is a selfless, loving human who must sacrifice many of their wants and needs for the wants and needs of their children.

I cried pretty often back then: I spent my days at home, wishing I could get some sleep and lying to my friends who called to ask if everything was okay. Here are the top 10 challenges new moms can expect to face, and how you can get through it all in one piece. Ice packs, witch hazel pads and a peri bottle can help with some of these. Imagine your alarm clock going off every few hours for five weeks straight. This new type of tired may cause headaches, depression, irritability, memory problems and confusion. How can you manage with disrupted sleep? The age-old advice rings true: Sleep whenever you can! But you might need some help. Pregnancy and mom-specific apps like Expectful are proven to use guided meditation to help you log more shuteye. You Feel Alone Emotional support will help. Turn to moms who have been there. Who can with a newborn? Is baby producing enough wet diapers? Is she still breathing? Try not to let all the details stress you out. Feed your baby, feed yourself and sometimes bathe one of you. Reassure yourself that it takes time to get to know each other. But doctors and mothers who have been there all say it goes by fast. This post contains affiliate links, some of which may be sponsored by paying partners. This information is prepared for informational purposes only. You should consult with your healthcare provider about your specific health needs. You should always speak with your doctor before you start, stop, or change any prescribed part of your care plan, exercise program or treatment. Plus, More from The Bump:

Chapter 5 : Car Seat Alarms Won't Prevent Parents From Leaving Kids in Hot Cars | CafeMom

Rep. Pramila Jayapal (D-WA), who visited a federal prison where some mothers were being housed on Sunday, recounted stories of women being told by Border Patrol agents that "their families.

Chapter 6 : An Alarm Goes Off On My Desktop Computer - TechRepublic

"The Importance of Being a Mother" Erman Tejeda | July 10, Surely, if someone asks you what the toughest job in the world is, after thinking a few seconds, you will state: being a mother is the hardest job on earth.

Chapter 7 : Inspiring Quotes about Being a Mother | calendrierdelascience.com

The other night for no reason an Alarm wnet off on my Computer my Mother turned the Computer off i was not calendrierdelascience.com i came back and rebooted it went off again.I pressed the reset button it went.

Chapter 8 : 20 Signs You're Totally Dehydrated | Extreme Thirst

To show you how confused these kids actually are: In , my son sent me a Mother's Day card, a first, and wrote that he wanted me to know we were good parents and ended with "Thank you for being.

Chapter 9 : Mother | Definition of Mother by Merriam-Webster

He was abusive to my mom and sister, so my mom just gave in, but she had no idea. We left in and the abuse happened in In November of , I was catcalled and then eventually stalked by a man who thought I wanted to do things to him.