



Moms
on the job

7 SECRETS
FOR SUCCESS
AT HOME AND
WORK

Sabrina O'Malone

Moms on the Job

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Foreword

I read the book last Friday and loved it. From Sabrina's firsthand experience as a working mom in the corporate arena, raising three children, being a wife to Daniel, and a homemaker at the same time, she speaks straight from the horse's—Oh! I don't mean horse's—I mean from the overwhelmed mom's mouth. Well, she used to be overwhelmed until she started *living* her life instead of letting life live her.

The pages of *Moms on the Job* are saturated with the cooling water of Scripture and prayer. Time with God is not the last resort to a working mom; it is the first consideration of each day. Beginning the day with God is like resting in a warm bath with your favorite fragrance of bath oil . . . rejuvenating.

Girl, if I had been privileged to read this when I was a working mom raising three kids and a husband, it would not have taken me until I became a grandmother to understand some of the insights in this life-changing book.

I'm giving a copy of this book to my daughters, friends, and acquaintances. I'm positive that when they read it and apply it, their homes will become sanctuaries of order, peace, controlled living, and greater financial stability. Owning this book is a must for every household.

Even if you are not a mom or a working mom, you can benefit by the strategies and words of admonition that fit you. The weight loss one hit me square in the eyes. What a gift to women everywhere!

—Thelma Wells
Key Speaker, Women of Faith®

Introduction

“Hey, you look familiar! Don’t we know each other?” A young woman with a three year old in tow stopped me in the grocery store.

“I was thinking the same thing,” I replied. “Don’t you work for a pharmaceutical company?”

“Yes, I do,” she answered.

“What a beautiful little girl you have.” I tousled her daughter’s golden locks. “And how have you been?” I asked, redirecting my attention to the mother.

“I’m hanging in there,” she responded. “I took the day off to catch up on some paperwork and spend a little extra time with her.”

It was already 5:30 P.M. and she was still grocery shopping. *She’ll be lucky to get dinner ready before 7:00*, I thought. Her daughter popped open a bag of organic chips and began to eat them, as if she were reading my mind.

“You do the same kind of work I do . . . with more kids at home, yet you don’t seem frazzled, and you look great. How do you do it?” Her eyes held the desperate longing for wisdom I’ve seen in the eyes of countless other working mothers.

Moms On the Job: 7 Secrets for Success at Home and Work was written to answer this heartfelt question: “How do you do it?” The short answer is, “With God’s help and by keeping priorities in order.” Of course, there’s a longer answer, which I’ll share with you in this book.

There are two types of working moms: those who are enjoying it, and those who are not. Some women would rather be at home full-time, while others prefer working to staying at home. But many working moms have crunched the numbers and they

simply must work—whether they would prefer to or not. Regardless of where you are on this continuum, *Moms on the Job* was written to address the nuts and bolts of how to juggle work and family—while keeping your family your top priority.

So how can you be a competent, dependable employee while providing for and doing what's best for your children? Read on; this book is for you! (And if you're rethinking your decision to be in the workforce or you're considering returning to the workplace after a time at home, please see Appendix 1: "Making the Decision to Work Outside the Home.")

It is my hope and prayer that this book will encourage, inspire, and revitalize the busiest people in the world today—the 36 million mothers in America's paid labor force, two out of three of whom are full-time.

You've paid your dues. You've worked hard enough. It's high time someone let you in on the secrets to phenomenal success. Welcome to the club. Sit back, relax, and get ready to be amazed.

Prologue

The Typical Morning

6:15 A.M.—The beeping alarm clock startles you into reality. It's time to get going. You press snooze.

6:24—Alarm beeps again, but you still have plenty of time. You hit the easiest button—the big wide snooze, of course.

6:33—*Beep-beep*. So tired . . . so sleepy . . . so justified. You press the snooze button again.

6:42—*Beep-beep-beep!* With a sigh you hit snooze, this time determined to mentally plan out everything you need to do: *Get up, put in contacts, put on beige outfit, find knee-highs in the laundry basket . . .* as you drift off contentedly to slumber.

6:51—*BEEP-BEEP-BEEP!* Now the situation is serious. You crawl out of bed, quietly praying the kids won't wake up and slow down the process of getting the day started.

7:00—By the time you find your other matching sock, you realize you have no time for a shower and you will have to put on your makeup in the car. You let the dog out.

7:15—First child wakes up.

- Lunches aren't prepared.
- You haven't had a quiet time.
- Even cereal for breakfast would be a luxury.

7:30—One child is dressed and drinking milk while parked in front of the TV. You feed the dog and begin to make lunches.

7:45—Next child awakens. Frantically, you pick out what you hope is “all-purpose clothing” because you haven’t a clue about the weather. With a peek out the window you conclude that sweats will be fine.

7:48—Child argues. Does not *want* to wear the outfit. Your temper begins to rise as you insist that she *will*.

7:49—Child #1 gets bored with TV and requests a grilled cheese sandwich for breakfast.

It’s 8:00!—You run the mental checklist:

- Any field trip or other permission slips needed today?
- School fund-raisers due?
- Is it show-and-tell day?
- Are library books due?

8:03—The bus rolls up. Shouting for jackets, caps, and lunchboxes, you propel the kids out the door with a piece of toast and a kiss.

8:05—Now you calculate everything you’ll need for work.

8:10—While driving to work you realize:

- You didn’t take meat out of the freezer to thaw for dinner.
- You never called your mother back.
- The sink is full of dishes.

- Your husband is down to his last pair of clean underwear.

You pray God will get you through this day.

8:30 A.M.—After applying makeup haphazardly in the car, you walk into the workplace feeling like you’ve already put in a day’s work . . . and you haven’t even gotten started.

To be honest, this was a pretty smooth morning. The bus wasn’t late, none of the kids were sick, the family dog didn’t dart out the door, and no one needed extra cuddle time. To top it off, you made it in to work on time—with your makeup on!

Have I gotten your attention? Does this typical morning scenario sound awfully familiar? Chances are it does! Don’t despair; God is waiting to intervene in every difficult morning of your life. Let’s invite Him in with prayer.

✻ PRAYER

Lord,

I lay all my responsibilities at Your feet. I am now yielding my heart, mind, and strength to Your awesome power and glory. I desperately need You.

Open my eyes, ears, heart, and soul so I’m not too busy to hear You. Teach me to walk, live, and be in the center of Your will for my life. Use me as a blessing in the lives of my children, dear Lord.

Forgive me for my past mistakes, which can be better described as sins. I’ve been impatient, short-tempered, and self-righteous, and it has made me a difficult woman to love and live with. Lord, starting today, fill me with the

fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Make me a woman who is not easily angered; guard me from being rude or selfish. Fill me with the strength to endure all things necessary. Your perfect love never fails. I praise You, and I thank You for saving me.

Amen.

✿ FAITH IN ACTION

Circle the three things below that cause you the most distress.

Fatigue	Worry about work
Stress	Being behind in housework
Anxiety about your kids	Lack of finances
Loneliness	Angry outbursts
Lack of hope	Discouragement

Fill in the blanks below with your circled words.

Lord, I hereby release my _____,
_____, and my _____
to You. It is entirely up to You to handle them.

Circle the three corresponding opposites of your list above.

Energy	Fulfillment
Peace	Well-run household
Trust and confidence	Abundance
Companionship	Words of blessing
Optimism	Encouragement

Now fill in the blanks with your newly circled replacements.

Lord, I hereby charge You with the task of filling my life with _____, _____, and _____. With Your help, I will be like clay being molded into something beautiful, purposeful, and deliberately designed by You, the Master.

Amen

Signed _____

Date _____



Find Prayer Partners

*I have one request, dear friends: Pray for me.
Pray strenuously with and for me—to God the Father,
through the power of our Master Jesus,
through the love of the Spirit.*

—ROMANS 15:30

I know what it's like to walk through the valley of the shadow of death—with my unborn child. I was three months pregnant, and was scheduled to have a grapefruit-sized tumor removed because it was threatening the pregnancy.

Frankly, I was petrified, knowing how rare surgery is on a pregnant woman because of the risks to both the mother and child. I cried out to God, my husband, friends, and relatives. Desperate for a miracle, I turned to the church for prayer. It was then that I began to see the church as something more than a building where people go to talk about Jesus.

Many dear women sought me out, called me, sent cards, and encouraged me in a very tangible way by bringing food to my family. Each one of them let me know she was praying for us. Although most of these women were members of our local church, many of them were believers from different denominations. I was

humbled by the overwhelming love and grace lived out before my eyes.

The morning of the surgery, I prayed like never before for my child. A great big wordless plea of a mother's heart went up before the throne room of God. That's all I could pray before I went under.

I awoke in the recovery room, barely able to utter the question, "My baby?"

The operating room nurse looked directly into my eyes, took me by the hand, and said, "Sabrina, your baby is fine. Would you like to hear the heartbeat?"

The swishing sound of my baby's heartbeat was like a chorus of angels testifying to God's mercy. I was awed by such amazing grace. My husband and I were not alone in our joy as the entire Presbyterian church in New Brunswick, New Jersey, rejoiced with us.

I suspect that God would still have blessed us even if the church had not supported us in prayer. But there is an undeniable value in being able to share the blessings of answered prayer with a group who prays for you and with you.

When my son, Daniel, was christened, every heart was moved. There were many tears of joy as everyone remembered their own private and collective prayers for this precious little child.

Several women emerged out of this crisis to become my greatest mentors and prayer partners. Most of them are middle-aged, but one lady is 96 and another is a teenager. They are different nationalities, some are married, others are widows, some are single, and others are stay-at-home mothers. Matthew 18:20 says, "And when two or three of you are together because of me, you can be sure that I'll be there."

Prayer is the key to opening joy, gratitude, praise, and fulfillment to you, especially when other people support you in prayer.

You will have the presence and power of God’s Holy Spirit in and throughout your life. This is the Lord’s promise to you.

I can almost hear the questions: “Sabrina, what are you saying? How will this make it easier to get through the day? What does this have to do with being a working mom?” I’ll explain by giving you another example from my own life.

PRAYER PARTNERS AND MARRIAGE

On top of another very difficult pregnancy, I had two major surgeries in the months following the birth of our second child, Christiana. When I returned to work full-time, I quickly became overwhelmed as I tried to manage our household and meet the needs of two young children and my husband. From sunup until well past sundown I was seriously busy. There was *always* something important I couldn’t quite make the time for.

It wasn’t long before I began to resent my husband’s laid-back demeanor. This was a big change, because his calmness and level-headedness had formerly been characteristics I found refreshing. Once the comparisons began, score was kept. Our new favorite word became “I.” Our marriage was in a downward spiral, and we both knew it.

In desperation I purchased several Christian books on marriage, and they all instructed, “Get your prayer partners to pray for you.” There was only one problem: I didn’t *have* any prayer partners. Still, I was willing to try anything, so with the Lord’s help, I asked several women in my church to pray for my marriage—without giving them a whole lot of details.

Each of them said she would be happy to do it. Then I began to pray for my husband. Dan and I instituted a weekly date night and attended a “Family Life” marriage conference, all while being lifted up in prayer by others.

The changes between us were nothing less than dramatic. Our marriage began to show new life within the first few days. Over the next few months, things continued to improve even more. I am happy to report that today we are even more in love and more of a team than when we first married. I attribute these changes to God's grace and the impact of prayer.

THE VALUE OF MENTORS

Mentors are absolutely vital for a working mother. A mentoring relationship can be described like this: Picture yourself as a small, tired child. (This should be easy for any working mother.) Now, envision yourself climbing into the lap of a loving mother. Imagine yourself being rocked and comforted while she gently strokes your hair. After a meaningful conversation with a mentor, you will feel as secure as this child. Working mothers desperately need relationships from which they can receive wisdom, love, and nurturing. It is available to you if you'll begin by asking a few trustworthy women to pray for you. Then ask the Lord to develop these relationships into mentoring relationships.

The Bible encourages women of all ages to maintain relationships with one another (see Titus 2:3-5). But asking someone else to pray for your particular situation can be intimidating. Thus, it's important that you carefully and prayerfully select your prayer partners based on their characters and maturity. Remember, maturity isn't necessarily about age. Some younger women are more spiritually mature than many older women. The idea is to select women who are not given to gossip and who love the Lord.

I cannot emphasize strongly enough that you select *only* women as intimate prayer partners. Just imagine all the potential areas of temptation involved with sharing your innermost thoughts, challenges, and feelings with someone of the opposite sex. Unless

that man is your husband, reaching this degree of emotional intimacy is a red flag signaling danger! Most affairs begin with some kind of emotional “connection,” and those who assume they are above temptation are in the most danger. But even if you would never entertain the thought, a male “good friend” might. And thoughts like this can—and will—take away from the original purpose, which is prayer for you about a specific challenge or struggle.

Finding the Right Prayer Partners for You

Proverbs 31:25-26 describes a godly woman like this: “Her clothes are well-made and elegant, and she always faces tomorrow with a smile. When she speaks she has something worthwhile to say, and she always says it kindly.” A similar passage is in Titus 2:3: “Guide older women into lives of reverence so they end up as neither gossips nor drunks, but models of goodness. By looking at them, the younger women will know how to love their husbands and children, be virtuous and pure, keep a good house, be good wives.”

Can you think of a woman who is elegant and faces life with a smile? Can you think of an older woman who is reverent, a woman whom you’ve never heard say a bad thing about anyone? If so, she would probably be honored to hear you tell her she reminds you of a Titus woman. This is the type of woman you could trust to commit any situation of yours to prayer.

If you don’t know of any women like this within your circle of acquaintances, don’t worry. God does. He’s got you covered by His loving-kindness and has made a provision for you: It’s called the church. Ask your pastor to recommend some women who would fit the description of a godly woman given in Proverbs and Titus.

Did She Say the Church?

Yes, I did. However, I cannot ignore the sincerity and devotion I’ve seen in the lives of many of my nonchurchgoing friends. I

wrote this book to benefit *all* working moms, and yes, it's based on a Judeo-Christian perspective. Why? The bottom line is this: Successfully giving 100 percent to your children and 100 percent on the job requires you to give 200 percent, day after day, year after year. And you're going to need a miracle to pull it off. Anyone who tells you different is selling something. Fortunately, God is in the business of miracles.

If you've encountered people who have given you a bad impression of Christians as a whole, I sincerely hope and pray that I will reflect God's love, grace, and compassion to you. Developing your relationship with God is the most important proven secret to success. The Lord's supernatural touch is available and always just a prayer away.

The stories in this book are about real women who have experienced God's miraculous grace through the power of prayer and who have been kind enough to give me permission to share God's miracles in their lives. It's my prayer that you will be as encouraged and uplifted by their stories as I have been.

PRAYER PARTNERS AND CHILDREN

The story of Daphne beautifully illustrates how collective prayer and having prayer partners and mentors can enrich the life of a working mother. She became a believer at the age of 18. As is the case with most 18-year-old women, she anxiously looked forward to marriage in her future. Thirteen years later, the Lord sent her Ron, a godly man whom she adored and married within a year.

A few years into Daphne and Ron's marriage, there were still no children. If you or any of your friends have ever struggled with infertility, you know how this can steal your joyful countenance.

After praying for over a year on their own, Daphne and Ron enlisted the prayer support of their church. Daphne already had

some Christian women in her life she considered friends, but when she asked them to pray for her about such an important struggle, those relationships deepened. Her Christian friends became her prayer partners, and her prayer partners became mentors.

One January morning, while praying in her car about her husband's health, she heard the Lord saying, "I have heard your prayers and will give you the desires of your heart. Your husband's diabetes will be under control, and I will bless you with children." She was greatly encouraged, as you can imagine.

After many years of waiting and trying, Daphne gave birth on Father's Day to a son they named Jacob. (Ron said this gift surely topped the leaf blower she bought him the year before.)

PRAYER PARTNERS AND HEALTH

Sara is a woman who knows about powerful and effective prayer. She has heard the three words no one wants to hear from her doctor: "You have cancer."

Sara, a mother of two daughters, was working full time as a medical practice administrator when she received the diagnosis. After sharing the news with her family, one of her daughters asked, "When are you going to die from this, Mom?"

This heartfelt, naïve question ignited sparks of faith within Sara. Possessing the peace that surpasses understanding in regard to her cancer, she believed in her heart it would not take her life. Although she previously had not been very religious, she invited her relatives to come to her home on the night before her surgery to pray with her.

As a matter of course, she sent out an internal e-mail at her job, letting her coworkers know of her upcoming surgery. Sara closed the e-mail welcoming their well wishes, thoughts, and

prayers, and mentioned her plans for her family gathering on the night before her surgery.

Unbeknownst to Sara, one of her coworkers forwarded the e-mail to her mother, who forwarded it to a local church. Another coworker forwarded the e-mail to her sister in Germany. Sara's prayer request quickly traveled all over the world.

The night before her surgery, a small group of Sara's relatives assembled in her home. Even her father (who wasn't a believer) came. When they began to pray, a white light and an overwhelming sense of peace came down and surrounded the circle. All those who were present burst into tears! This manifestation of the Holy Spirit moved even the hardest of hearts.

When Sara went in for her surgery the next morning, there was no cancer to be found. And it hasn't returned in three years!

Expressions like "Rejoice, be glad, praise and give thanks" hardly seem adequate when God performs a miracle. Even if you have yet to experience or recognize God's miraculous handiwork in your own life, pray and praise the Lord with me right now.

✻ PRAYER

Lord,

Thank You for Your promise to supply all of my needs. Thank You for the countless times You've protected me and blessed me, especially those times when I never knew You were there.

The Bible says You are always with me; You'll never leave me or forsake me. This is the kind of love I've longed for my entire life. With all power and strength in Your hands, You know me completely, and love me still. You provide for me and protect me. You even gave up Your life to save mine.

Help me to know I can do all things in Your strength. Having prayer partners and mentors sounds wonderful. As I lay my needs before You, I pray for Your strength. Make me bold enough to ask a few other women to pray for my family and for me.

Put the right godly women in my life, Lord. Guard my heart, thoughts, and actions from things displeasing to You. Keep me from evil. I pray without ceasing for Your abundant blessing on my family. Mold us into exactly what You would have us to be. Use me as an instrument of Your divine will.

Amen.

❁ FAITH IN ACTION

List the names of several women you can ask to pray for you.

Write down what you would like them to pray about for you.

Pray for these women right now, asking God to bless them, their families, and their walk with Him.

✿ BETWEEN FRIENDS

1. Have you ever experienced or do you know someone who has experienced a miracle?
2. How would witnessing a miracle change you? Would your faith be radically different?
3. What do you believe most hinders your experience with miraculous events?

Epilogue

The New Typical Morning

Look at the nations and watch—and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told.

—HABAKKUK 1:5, NIV

6:15 A.M.—The alarm clock rings.

6:16—You wake up and smell the coffee.

6:20—Sitting at the kitchen table with a Bible and morning devotional, you pray for your family, your friends, and your upcoming day.

6:40—Into the bathroom you go, multitasking shaving your legs while the shower warms up and you brush your teeth.

7:00—Your makeup is on, your hair is done; you are dressed and ready.

7:05—You wake up the kids gently with a rub on the back and a soft song. You open the shades and declare with sincerity, “Rise and shine! It’s a beautiful day and you don’t want to miss it!”

7:30—The family has breakfast together. Thanks to the microwave and precooked bacon, you can make bacon, egg, and cheese sandwiches in less than three minutes.

7:45—You give the kids lunch money instead of packing lunch.

7:48—You permit them to play with their toys after clearing their dishes from the table.

7:49—With a glance at your to-do list, you take meat out of the freezer.

7:53—The breakfast dishes are done. The kids' book bags and your purse are at the door, ready to go.

8:00—The kids put on jackets and caps and wait for the bus. You pray for the Lord's protection and providence over them.

8:03—The bus arrives.

8:05—While driving to work, you call one of your prayer partners using your "hands-free" cell phone just to check in and let her know you care.

8:15—You arrive at work with 15 minutes to spare. You get a jump-start on your work, making great progress during the quiet time.

8:29—The boss walks in and finds you already hard at work. He comments, "I wish I had a dozen more employees like you!"

8:30—You respond graciously, “Thank you. I appreciate the compliment.”

This promises to be an enriching day. Your family’s morning was calm and peaceful. Everyone’s needs were met. You, Working Mom, have a stellar reputation at work, and nothing is too hard to handle. Even if a child had been unable to go to school, there was a reliable contingency plan.

You have a personal relationship with God, and you have prayer partners. You have eliminated extraneous commitments, you delegate appropriately, and you multitask the rest. You show up big time at work and have your goals for success in sight. You are healthy and rested. You never let your spirit run dry, because you regularly drink from the wellspring of life through Jesus Christ.

What was once just a dream is now your typical morning.

Appendix I

Making the Decision to Work Outside the Home

From time to time, every mom needs to reevaluate whether to work as her children's needs change. God may call you to be at home for a certain season of your children's growing-up years. If so, make chronological *and* financial plans for your transition from the workplace to the home before making a change. Here are a few tips that will help in making this decision:

- Pray about whether working outside the home is God's will for you at this time.
- Keep the bottom line of your decision this: "What's best for my kids?" As much as you might love your job or income, you love your children more. Their best interests should always be top priority.
- Do a careful financial analysis. To start with, be sure your current income brings in an actual financial benefit for your family. Take into account the increased tax bracket, the cost of commuting, childcare, wardrobe, lunches out, and so on. In some cases the benefits of working may not be as significant as you might have thought. I recommend Mary Larmoyeux's book *There's No Place Like Home* and Larry Burkett's *Women Leaving the Workplace* for further guidance on how others have successfully made the transition.

- Finally, if you've addressed all these points, and your husband does not support the idea of your leaving the workplace or the numbers still don't add up, then don't worry, feel guilty, or stress about it. God very well may be calling you to continue working outside the home for the time being. Continue to pray, live frugally, and maintain a cheerful disposition. As long as the needs of your family are being met, work heartily as unto the Lord and work in the freedom of His grace!

Appendix 2

Great Time-Savers for Families

Working Mom™ Household Job Chart

Working Mom™ Fast Fax Grocery List

Baby-Sitter Checklist

For other great time-savers go to

[www.workingmom.com!](http://www.workingmom.com)

*Working Mom™ Household Job Chart**

3- to 4-YEAR-OLDS CAN:

- Pick up toys
- Fold dishtowels and washcloths
- Match socks
- Put small items in the garbage
- Give food to pets
- Water indoor plants

5- to 6-YEAR-OLDS CAN ALSO:

- Answer the telephone
- Sweep a deck/patio/porch
- Wipe the bathroom sink
- Put forks and spoons away
- Put their own clothes in the drawer
- Sort laundry into color piles
- Use a hand-held vacuum

7- to 9-YEAR-OLDS CAN ALSO:

- Take out garbage
- Set the table
- Clear the table
- Vacuum an area rug
- Clean the inside of the car
- Empty the dishwasher
- Water the garden

10- to 12-YEAR-OLDS CAN ALSO:

- Clean mirrors
- Clean kitchen counters and sink
- Fold and put away laundry
- Put away groceries
- Pack their own lunch
- Do light yard work
- Load the dishwasher

13- to 14-YEAR-OLDS CAN ALSO:

- Clean the bathroom
- Change bed sheets
- Mow the lawn
- Wash dishes by hand
- Wash the car
- Do laundry
- Shovel snow

15 YEARS AND UP CAN ALSO:

- Use a leafblower
- Use a snowblower
- Clean the refrigerator
- Reorganize storage areas
- Make dinner

*Ages listed are approximate, and capabilities will vary depending on the individual child.

Working Mom™ Fast-Fax Grocery List

STAPLES

- Cereal
- Grits
- Bread
- Sugar
- Buns
- _____
- _____

SPICES

- Salt/Pepper
- Bacon Bits
- Chocolate
- Seasoning
- Garlic
- _____
- _____

STARCHES

- Potato Mix
- Rice
- Spaghetti
- Sauce
- _____
- _____

DRINKS

- Apple
- Soda
- Juice Boxes
- Water Filters

- Coffee
- Decaf
- Tea
- Orange
- Cranberry
- Grape
- _____
- _____

CANNED

- Olives
- Soups
- Beans
- Tuna
- _____
- _____

CONDIMENTS

- Ketchup
- Jelly
- Peanut Butter
- Mayonnaise
- Olive Oil
- Salad Dressing
- _____
- _____

PAPER

- Napkins
- Plates
- Cups

- Paper Towels
- Aluminum Foil
- Toilet Paper
- Garbage Bag
- Zip Locks
- _____
- _____

CLEANING

- Bleach
- Detergent
- Dish Liquid
- Dishwasher Tabs
- Fabric Softener
- Light Bulbs
- Vacuum Bags
- Cleaning Wipes
- Bathroom Foam
- Window Cleaner
- _____
- _____

MEATS

- Beef
- Chicken
- Turkey
- Fish
- Bacon
- Sausage
- _____
- _____

Baby-Sitter Checklist

Where I'll be: _____

Phone # there: _____ I'll be back at: _____

If I can't be reached, call

My Cell: _____

Name: _____ Phone: _____

Important Information

Police: _____

This address: _____

Nearest cross street: _____

Insurance: _____ Policy #: _____

House Keys are: _____ Car Keys are: _____

Garage Remote: _____

About the Child(ren)

Name/s: _____

Age/s: _____

Weight: _____ Height: _____

Medications: _____

Allergies: _____

Bedtime: _____

Other Information: _____

* PERMISSION IS GRANTED: Any licensed physician, dentist, or hospital may give necessary emergency medical service to my child at the request of the person bearing this form with note to the allergies, medications, and other information listed above.

Signed: _____

(parent/guardian)

Date: _____

Acknowledgments

God the Father, Jesus the Son, and the Holy Spirit—Thank You for blessing the work of my hands and for this consuming passion to reach the lost. But most of all, thank You for our relationship. Thank You for saving me, teaching me, opening my eyes, healing my hurts, and pouring out Your love, grace, and mercy on me. Using me to share with others is humbling. You're simply magnificent.

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About Working Mom™

Working Mom™ is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to show the love of Jesus Christ and to provide help in His name without discrimination. We address both the practical and spiritual needs of families with a mom in the workforce.

*“Saving Time, Energy, and Money”
is the Working Mom™ motto.*

“Revitalizing the Working Mom™” is our mission.

“Replenishing the Working Mom’s Spirit” is our purpose.

Our Web site, WorkingMom.com, is visited primarily by people without a religious background. We’ve shattered stereotypes about working mothers and religious people, as well as businesswomen. We hope and pray that the readers of *Moms on the Job* will stop by our Web site, get encouraged, inspired, and pick up some free timesaving tools and instant online grocery coupons to become better equipped to overcome the challenges of being a busy working mom.

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