

FALL BACK INTO ACTION!



FROM THE WRITER: TAHNEE COLE

Hello Readers! I am the Creator and Blogger of Black Pumps Pink Slippers (www.blackpumpspinkslippers.com). A blog created for Career Driven Moms. I have always had a passion to write and wanted to create a seasonal newsletter for parents to use during each season for parenting and career tips. I also love encouraging and inspiring moms all over the world. I like to call myself "The Mommy Motivator"! This past August has been challenging for me because it started out with my son catching pneumonia and then my daughter and I caught it the infection from him. Catching pneumonia was one of the worst things that has ever happened to me. I had never been that sick before. Yet, with every setback there is a valuable lesson. It taught me to step up my game taking care of myself and my health in general. But with every rainstorm this is a rainbow. The Most High, blessed us all to recover and see another day. With that being said, I would like you to do some research on pneumonia, check out my inside snippet story on page 3 talking about our journey with pneumonia. Make sure that you have all your vaccinations, you keep your hands clean and nourished with healthy foods, vitamins and probiotics. Thank you for taking the time out to read my newsletter, enjoy!

I like Summer, but I love Fall

Happy Fall Ya'll!

I love the changing Seasons. I think it is one of the perks of living in the Midwest, because we usually get all the seasons. Some years it seems like we jump from hot to cold and back, but for sure we can always tell the transition between Summer to Fall. The crisp air and colored leaves creates a warm feeling. That's when suddenly, you get a craving for apple cider, caramel apples, and anything with pumpkin. Lol

Make sure that you hit up all the Fall Fest in your community to enjoy the short season while it last. My kids and I will be spending as much time possible outdoors enjoying our life until Old Man Winter shows up! Enjoy your Fall, all!



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Special points of interest

- BUSY MOM TIPS
- A FALL TIME HEALTHY MEAL
- BACK TO SCHOOL TIPS
- PNEUMONIA PREVENTION TIPS



THE STRATEGIC BUSY MOM

Mom life is exhausting and rewarding! It only gets more exhausting as your children are older and involved in more extra-curricular activities. It never stops!

With that comes, your own family plans, open houses, parent teacher conferences, games, doctor and dentist appointments, etc.

So how do you balance it all? I got three tips.

1. WRITE IT DOWN- It is helpful to write a schedule, with all your activities listed to eliminate forgetting the most important stuff. Or type it in your phone...

2. ORGANIZING- Then spend some

time organizing on the days that you can get the most done for the week. My day to get things ready for the week are on Sundays. I get all the uniforms washed, and ironed. I also try to food prep and get the kids school lunches ready for the week,

Lastly...

3. FOCUS ON YOU- Do not drive yourself crazy trying to do everything. Listen to your body when you are doing too much and do what you can! Practice some self care tips, take time off and learn to say, NO!

“YOU HAVE TO BE STRATEGIC, IN EVERYTHING. ESPECIALLY, momING! “

Photo Below Taken By Photographer Sylvan Lamar





A PHOTO OF ME IN THE HOSPITAL WITH PNEUMONIA, TREATING MY DEHYDRATION

I CAUGHT PNEUMONIA ...

My children and I contracted pneumonia the month of August and it was an awful experience.

I will never forget how scared and helpless I felt. I was so happy that my children recovered quickly, but when I became sick I was scared for my life.

I kept thinking about my responsibilities, but at the same time I kept thinking about how I needed to take care of myself. The Doctors said it repeatedly. Unfortunately, I was more concerned about my kids and returning to work. Truth is, I got to take care of me. If not, I will not be able to take care of anyone else.

I will go more into depth on my Blog about our family Pneumonia experience, but right now I just want to say that you have to take care of yourself. As a mom, we tend to neglect ourselves, but that needs to change.

From a mom who almost lost her life from not only being ill and suffering from exhaustion, PLEASE...

Moms, get your rest, take time off to recharge and exercise. And when you are sick, take off from work...

Do not push yourself to its limits, it can be fatal!

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PNEUMONIA PREVENTION

TIPS

- KEEP YOUR HANDS WASHED
- STAY AWAY FROM PEOPLE WHO ARE SICK, ESPECIALLY WITH PNEUMONIA
- NO SMOKING
- STAY HYDRATED
- KEEP YOURSELF HEALTHY: EXERCISE, VITAMINS, AND SLEEP

PNEUMONIA RECOVERY TIPS

- TAKE YOUR MEDICINE
- STAY HYDRATED
- CONTROL YOUR FEVER WITH ASPIRIN
- GET LOTS OF REST
- STAY AWAY FROM SMOKE
- STAY AWAY FROM COUGH MEDICINE



DID YOU KNOW TAHNEE COLE BECAME A MOM AT 21 AND FINISHED COLLEGE WITH HER DAUGHTER ATTENDING HER GRADUATION?

THIS IS MOTIVATION TO MOMS THAT WE CAN DO ANYTHING. AS LONG AS WE ARE DEDICATED!

CHECK OUT MORE OF THE BLOGS AND VIDEOS ABOUT TAHNEE AND HER PARENTING JOURNEY AT

www.blackpumpkinslippers.com



HEALTHY QUICK MEALS

I use to be a vegan, but I struggled because I love cheese and ice cream! LOL However, we are just a family that loves veggies. We eat multiple vegetables per meal. One of my favorite meals especially during the fall is my Vegetable Chili.

This chili has no meat. Just veggies and beans.

Below is a list of all the ingredients. You can use as many cans as you like. If you want to use can beans don't forget to rinse the beans off.

- Cheese
- Sour Cream
- Black Beans
- Small Red Beans
- Large Red Beans
- Pinto Beans
- Chili Beans
- Red Peppers
- Green Peppers
- Yellow Peppers
- Orange Peppers

- Sweet Peppers
- Mushrooms
- Tomatoes
- Corn



PRESCHOOL BOUND

My baby boy will be attending a new preschool. I am so excited and nervous at the same time. He is so smart and ready to transition into a bigger classroom setting with more structure. He is so smart. He is an active and fast learner. It is hard to believe that soon he will be going to big boy school. I was so excited that I went out and bought him a new lunch box and packed his backpack with some preschool essentials. See below my little list.

- Blanket and Pillow for naps
- Hand Sanitizer
- Antibacterial wipes and tissues
- Extra pair of clothes and underwear

PRIVATE TRANSPORTATION

If you are a parent who does not prefer a public school bus for your child/children for personal reasons. Or if you only need transportation for your child, try a private transportation company. Specifically, one that specializes in school transportation. I suggest this because a lot of parents just need school transportation for older children. Traditionally, we try to make arrangements at Child Care facilities, only to find the fees are costly. Comparative, to a weekly fee of them being cared for at the facility all day.

A cost effective way to get around that is to find a private transportation that can drop your older child off at your home. The fee will only take care of the transportation. Some will argue that it is just as expensive, but you have to do your research. I pay a monthly fee for a private transportation and I feel it is way better than a monthly transportation fee, plus a weekly fee.

Research and look into it. It may work for you too!



“WE ALWAYS WANT OUR CHILDREN COMFORTABLE AND SAFE!”

BEFORE AND AFTER SCHOOL CARE

Is school out before you get off work?

For most working parents, school being out before you get off work is an issue. Or even having to arrive to work before school starts.

As parents, we want to make sure our children are safe and comfortable. We also want our mind at ease, while our children are at school and when they leave.

If you are not able to pick up or drop off your children to and from school, invest in a great before and after school program. Some are offered at the school and others are at separate centers that can provide transportation to and from school.

My tips for finding a good center.

1. **Online Presence and Reputation**
I go online and look at all the testimonials, complaints, etc. Of

course, you have to take complaints and praise with a grain of salt. However, if you see some of the same complaints, it is usually a red flag.

2. **Help** Find a center that helps them study and do homework.
3. **Food** Kids need to eat and a center that provided them breakfast in the morning and a snack after school is helpful.
4. **Time-** Business hours that are conducive to your work schedule. Also, another great help is a center that will be open on days that you don't have off work, such as: SNOW DAYS!!

Make sure that you do your research, talk to other parents and visit when you can!!



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MOM AFFIRMATIONS

I AM A GREAT, SUCCESSFUL EXAMPLE FOR MY CHILDREN TO FOLLOW

I AM ENOUGH

I DO THE BEST FOR MY KIDS

I DESERVE A BREAK

I FORGIVE MYSELF

I DO NOT HAVE TO BE A PERFECT MOM, TO BE A GREAT MOM



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Tahnee Cole

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