

# WINTER WONDERLAND & FAMILY PLANS!



FROM THE WRITER:  
TAHNEE COLE

Hello Readers! I am the Creator and Blogger of Black Pumps Pink Slippers ([www.blackpumpspinkslippers.com](http://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. To help provide parenting and career tips during each season. I also love encouraging and inspiring moms all over the world. I like to call myself "The Mommy Motivator"! Seasons greetings to my mom tribe! I usually upload my newsletter the start of the new season so it is a few days behind, but I wanted to take some time to be present during the Holiday Season. So my goal was to upload my newsletter after Christmas and before the new year! The Holidays can be rough if you do not pace yourself. Many people are depressed during the holidays due to grief, stress, financial difficulties and so much more. If you are one of those people my heart goes out to you, and I hope that you can find some peace reading my blog. I am dedicated to find ways that will encourage you to be your best self, despite any circumstances trying to hold you back. Mamas, sometimes we overthink and overcompensate, but the best gift of all is presence, not just presents. The last time I wrote my newsletter I was talking about us all suffering from pneumonia. We have fully recovered. The Most High, blessed us all to recover and see another day and I am thankful. So if I do nothing else this Holiday season, I am going to do whatever I can to be a blessing to others. Thank you for taking the time out to read my newsletter, enjoy!

Happy Holidays& Happy New Year!

Love, Peace and Blessings to all!

*Love, Tahnee L. Cole*



## Inside this issue

CHRISTMAS PHOTOGRAPHY TIPS.....	2
GIVING BACK WITH THE KIDDOS.....	3
TREAT YOURSELF .....	4
7 FUN FAMILY WINTER IDEAS .....	4
FASHION AND BEAUTY MUST HAVES .....	5
CLEANING UP FOR THE NEW YEAR..	5
AFFIRMATIONS .....	6

## Special points of interest

- WINTER FAMILY ACTIVITIES
- HOLIDAY TREATS





## DID YOU TAKE CHRISTMAS PICTURES?

Many families take photos for Christmas. It's the most wonderful time of the year! The gorgeous colors and the holiday spirit motivates you.

My family and I take a lot of photos as you can see, but Christmas photos can be a hit or miss. I just want to share three tips to make your holiday photos come out great for your family if you want to take some next year.

**1. THEME**– This keeps it simple. Whether its jeans and red sweaters or everybody being an elf. Picking a theme can narrow down too many looks. It can also reduce stress before your big day.

**2. KEEP IT FUN**– Pictures become “ugly” and

I mean attitude ugly when we put too many expectations on the outcome. It is also bad when we are nagging on everyone to look perfect. Let everyone be, keep it fun. The pictures usually come out better when everyone isn't uptight, trust me!

Lastly...

**3. TAKE THEM**– One thing my mom said to me is that she loves that I take so many pictures of my babies. Technology has improved so much that we have the convenience to take pictures casually or professionally. So, don't miss out on the opportunity. Take the pics because our babies grow FAST!!!

***“WE ARE FROM CLEVELAND, OHIO”***







MY KIDS WAITING ON SANTA AT Petittis Garden Centers in Oakwood Village, Ohio

## Giving Back with the Kiddos

My children and I have been all about service this holiday season. I don't like to discuss what we do for others often, because it is not to be recognized. We do what it is on our hearts. I do feel that it is my duty to encourage more parents to teach their children how to give back to others. We want to create children with compassion and giving back is a great way to instill those values. Plus, it is not always about giving money, but with your time and talents. I can tell that my children are raised with giving hearts.

The other day while cleaning their rooms, they were both going through clothes they no longer fit and sorting them in a pile for me to wash and give away.

Them doing these kind acts of service lets me know that I am doing something right. Plus, it shows they know the importance of helping others in need. We so often focus on receiving during the holiday, but the true gift and privilege is giving. The Giver is amazing!



[www.blackpumpspinkslippers.com](http://www.blackpumpspinkslippers.com)



## WINTER HEALTH TIPS

### TIPS for kids

- KEEP YOUR HANDS WASHED
- STAY AWAY FROM PEOPLE WHO ARE SICK, ESPECIALLY WITH PNEUMONIA
- STAY HYDRATED
- KEEP YOURSELF HEALTHY: EXERCISE, VITAMINS, AND SLEEP
- PROTECT SKIN
- DRESS IN LAYERS
- KEEP EXPOSURE TO A MINIMUM



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.blackpumpspinkslippers.com](http://www.blackpumpspinkslippers.com)



## TREAT YOURSELF!

I am not trying to get everyone to gain another 50lbs over the winter, but during the holiday season I think it is perfectly ok to treat yourself to some treats. I am going to list below some of the treats I have indulged in (or planning to) during this season.

- Turtles
- Baileys Strawberries & Creme
- Pecan Bars
- Any Christmas Cookies
- Hot Caramel/ Hot Chocolate
- Chocolate covered pretzels
- Caramel corn
- Red Onions
- Sweet Onions
- Peppermint flavor everything
- Gingerbread men
- Christmas Mimosas

The Picture to the right was taken at Rocky Mountain Chocolate Factory at Legacy Village. Photo taken by me.



## 7 FUN FAMILY WINTER IDEAS

1. GO OUTSIDE AND PLAY
2. TOBOGGANING
3. MOVIES
4. ICE SKATING
5. HOT COCOA
6. PLAY BOARD GAMES
7. VISIT AND HELP SHELTERS



## MY 6 WINTER FASHION & BEAUTY MOM MUST HAVES

1. **FASHIONABLE SCARF/ STYLISH SHAWL**– I LOVE A FASHIONABLE SCARF THAT WILL NOT ONLY KEEP ME WARM, BUT ALSO ADD SOMETHING TO A PLAIN DRESS. I USUALLY BUY A SOLID COLOR SWEATER DRESS AND ADD BEAUTIFUL COLORED SCARVES.
2. **MOISTURIZER**– I HATE DRY SKIN BUT I HAVE IT. SO NOT ONLY DO I HAVE TO STAY HYDRATED BUT I ALSO HAVE TO STEP UP MY MOISTURIZER. CLINIQUE SKIN CARE PRODUCTS ARE AWESOME AND I LOVE THE MOISURIZERS.
3. **CUTE KNIT POM BEANIE**– I LIKE TO KEEP MY HEAD WARM, BUT I STILL LIKE TO BE CUTE. SURPISINGLY, I HAVE BOUGHT THE CUTEST HATS FROM LOCAL BEAUTY SUPPLY STORES AND LOCAL BOUTIQUES.
4. **THIGH HIGH BOOTS**– THIGH BOOTS ARE SHEEK AND SEXY. THEY SCREAM WINTER FASHION. PLUS YOU CAN WEAR THEM UNDER A LONG SKIRT AND MAKE THEM LOOK PROFESSIONAL
5. **CUTE MUGS**– MUGS MAKE YOU THINK OF A COLD DAY AND DRINKING SOMETHING WARM. I LIKE TO COLLECT MUGS AND I HAVE ONE FOR EVERY OCCASION. ESPECIALLY FOR HOT CHOCOLATE WITH THE KIDS DURING THE HOLIDAYS.
6. **SEXY SWEATER DRESS**– IF YOU KNOW ME, YOU KNOW I LOVE DRESSES. WHEN I WEAR PANTS MY FAMILY AND FRIENDS ARE SURPRISED. SWEATER DRESSES ARE MY FAVORITE DRESSES DURING THE WINTER SEASON.



MAKE SURE TO CATCH MORE FASHION TRENDS ON MY BLOG AT :

*[WWW.BLACKPUMPSPINKSLIPPERS.COM](http://WWW.BLACKPUMPSPINKSLIPPERS.COM)*

## 3 REASONS WHY YOU SHOULD HIRE SOMEONE TO CLEAN FOR THE NEW YEAR!

I always do a deep clean during the winter especially before the New Year. Who wants to go into the new year with junk and clutter? How you start the new year can set the tone. Amongst my cleaning regime, I de-clutter my email, my car, refrigerator, carpet/ floor and our bedroom closets. Those areas are cleaned often (well maybe not my email as much, LOL), but when I say clean I mean a deep clean. All items removed and treated from top to bottom. However, the older I get there is a reason we pay people to do things.

Which brings me to say that this year I will be going about things totally different. I will be hiring people to help out so that I can do what I rarely do, relax. Plus I can focus on other goals. It is ok too. I have gotten addicted to outsourcing to help me have peace of mind. I order groceries often and soon I will be hiring someone to give my house a deep cleaning. There are 3 reasons you should hire some-

one to clean your home in my opinion:

1. **Opportunity cost**– The time it takes you to clean is preventing you from doing something more important. For example spending time with the kids. The benefit of being able to do something more productive while someone cleans for you is awesome.
2. **You can relax a little**– Getting a little relaxation while someone help is not a sin. Say it with me moms, "It is not a sin". Take advantage of getting help so that you can relax and recharge.
3. **They are the Professional**– they will hit all the spots you forget to hit and probably do a better job. They are on a mission to get the job done. Lets be honest sometimes we barely finish the jobs we set out to do.

As always remember to do your research and always do what is best for you!



BLACK PUMPS PINK SLIPPERS

A NETWORK FOR CAREER MOMS,  
WHO ARE TRYING TO LIVE THEIR  
BEST LIFE BEING A MOM AND A  
CAREER WOMAN. CHECK OUT THE  
BLOG @ [WWW.BLACKPUMP-  
SPINKSLIPPERS.COM](http://WWW.BLACKPUMP-<br/>SPINKSLIPPERS.COM)

INSTAGRAM  
@BLACKPUMPSPINKSLIPPERS

## 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

2020 WILL BE A GREAT YEAR

THERE ARE NO BLOCKS BECAUSE I WAS BORN TO WIN



TAHNEE COLE MEDIA