



MOPS stands for Mothers of Preschoolers, a program designed for mothers with children under school age, infant through kindergarten. More than 4000 MOPS groups gather in churches throughout the United States and in 28 other countries to meet the needs of women each year. The purpose of MOPS is 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.

We will begin accepting registration forms for our 14th year of MOPS at Sugar Land First United Methodist Church on **Monday, June 1, 2009**. Our year will begin on Friday, September 4, 2009. Childcare space is limited on a first come, first served basis, and we usually end up with a waiting list. So, the earlier you register, the better!

Please fill out the enclosed forms and include your registration fee of \$70 payable to SLFUMC. Mail the requested information to the name and address below. The forms and check must be received before July 3, 2009 so that we may begin placing the children into classes. The \$70 registration fee is **non-refundable** unless we are unable to place you. MOPS International receives \$20 to cover your one-year subscription to *MomSense* magazine and other great membership benefits. The other \$50 will cover your fall dues and the care for your children. Your \$50 spring dues will be collected in January. We also charge \$5 per child, per semester to cover MOPPETS/Teacher Appreciation expenses. Confidential scholarships are available for those in need by contacting the MOPS Coordinator.

You will be notified at the beginning of August if we are unable to place you in MOPS. We will gladly return your check, and you will remain on our waiting list until we have a spot open.

We will meet 2 times a month on Fridays from 9:00 to 11:30 am. The meetings usually consist of a prayer, devotion or testimonial, speaker or craft, and discussion group time in small groups.

During the meeting, your children ages infant (6months+) through Kindergarten will be enrolled in the MOPPETS program. We have wonderful, loving teachers who teach our children a lesson, do a craft, and have a snack and play. Infants younger than 6 months can stay with you at the meeting.

We are always in need of more caring teachers for our MOPPETS program. This is a paid position. The more teachers we have, the more children and moms we can take! If you know anyone that might be interested, please call Becky Orin, Nursery Director at SLFUMC, for more information at 281-634-8955.

Please feel free to call or e-mail me with any questions. Have a wonderful summer, and I hope you meet you in the fall!

Sincerely,

Megan Dorsey  
MOPS Coordinator, SLFUMC  
1118 Oak Glen Lane  
Sugar Land, Texas 77479  
281-343-9877  
megantdorsey@yahoo.com



\$70.00 Non-refundable registration is due with this form. MOPS International will receive \$20 and the remaining \$50 covers the 2009 Sugar Land FUMC Chapter Fall dues. Spring Registration is \$50 due Jan 2010. Make your check out to SLFUMC, put "MOPS" in the memo.

Check # \_\_\_\_\_ Date \_\_\_\_\_ Amount \_\_\_\_\_

## EMERGENCY MEDICAL RELEASE

In the event that my child, \_\_\_\_\_, becomes ill or sustains an injury while in the care of and/or on an authorized and chaperoned outing with **Sugar Land First United Methodist Church** in Sugar Land, Texas, I, the undersigned, give my permission to those in charge to take whatever steps are necessary to stop any bleeding and to administer first-aid. I also consent to an x-ray examination, anesthetic, medical (or dental) or surgical diagnosis and treatment and hospital care, and the administration of drugs or medicines to be rendered to my child under the general or specialized supervision and upon the advise of a duly licensed physician and/or surgeon.

I understand that this consent will apply to all emergency situations present and future, and that a copy of this form is as valid as the original. This consent is to remain in effect until written revocation is made.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Address, City State, Zip

\_\_\_\_\_  
Telephone Number (s)

\_\_\_\_\_  
Date

Birthdate of Child: \_\_\_\_\_  
(Mo/Day/Yr)

Any Special health problem (describe):  
\_\_\_\_\_

Any allergies (describe):  
\_\_\_\_\_

Health Insurance Information:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Group Number: \_\_\_\_\_ Certificate Number: \_\_\_\_\_

**EMERGENCY NAME AND PHONE NUMBER IN THE EVENT A PARENT CANNOT BE REACHED:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Telephone Number

# MOPS

## The ABC's of MOPS

**Welcome to MOPS!** We hope you enjoy this coming year!! Before we begin, we'd like you to be aware of our MOPS "ABC's", the policies by which we operate or "why we do what we do."

**Attendance:** We hope that everyone can attend every meeting, but we know that "things happen." So, if you can't come, please let your Discussion Group Leader know **before** the meeting if at all possible. If you do miss three meetings in a row without contacting your Discussion Group Leader, you will be placed on an inactive status and another mom will be invited to join. If you are moving, please let us know and if you are interested we can help you find another MOPS group in your new geographical area. We always have a "wait list" of Mom's who would like to join MOPS, so your communication about your status will be greatly appreciated.

**Babies:** We invite you to bring your infant to MOPS meetings with you until he or she is six months old. At that time, your baby will be promoted to full MOPPETS status! By the way, when you do bring your baby to MOPPETS, please provide all the things your baby will need like diapers, bottles, pacifier, food, extra clothing, etc... and please label **EVERY** item.

**Care Team:** Whenever there is a need - new baby, death in the family, or other needs that may come up, our care team will be requesting from all MOPS moms to help out those moms in need by making meals, prayers etc.... Your cooperation is really appreciated!!! Please remember, we're here to support everyone in MOPS!

**Committees:** Each MOP is required to participate in one of our committees. Our committees are: MOPPETS Crafts, Missions, and MOPPETS Teacher Appreciation. We will have a sign up at our first meeting.

**Crafts:** If you miss a "craft" meeting, you are entitled to the craft for that day, if extras are available. You must, however, notify your Craft Chairpersons of your interest.

**Discussion Groups:** Discussion groups gather at every MOPS meeting (and any other time you wish to meet.) They are great for making new friendships and acquaintances. There is small group time at each MOPS meeting.

**Finance:** Charges for MOPS include a non-refundable \$70 registration fee, (\$20 goes to MOPS International, and \$50 goes toward the payment for Fall dues). We also charge \$5 per child, per semester to cover MOPPETS/Teacher Appreciation expenses. These dues are collected in September and again in the spring. We will charge \$50 for the Spring semester and this payment can be made during the January meetings. You may pay your Discussion group leader during time in our small groups. We know that sometimes our friends need a little financial help. With this in mind, please know that we do not want ANY MOPS to be unable to attend because of monetary difficulties so we have set up a Scholarship Fund. If you need this type of help, please contact the MOPS Coordinator. **ALL SPECIAL ARRANGEMENTS ARE CONFIDENTIAL**

**Hospitality:** Each discussion group will host two meetings per year, with the Steering Committee responsible for any remaining meetings. **Set-up for the hosting group should begin at 8:00am.** **The hosting group is also responsible for clean up.** Instructions for Hosting Responsibilities are posted in the MOPS closet and included in your Group folder and individual folder.

**Library:** We have Christian-oriented books and Videotapes which may be checked out for one month. There will be no late charges, but please be considerate of others. We accept book donations, but please no fiction.

**MOPPETS:** Because of liability reasons, we must insist that you be on the church premises during our MOPS meetings if you have a child in MOPPETS. **An Emergency Release form for each child must be on file in the church nursery before we can place your MOPPET in a class.** (A new Emergency Release form is to be signed **every** year for **each** child.) Please contact our MOPPETS/Nursery Director, Becky Orin at 281-634-8955 if you have any questions or concerns regarding the care of your MOPPET/S.

**MOPPET Workers:** We are blessed to have a great group of MOPPET workers who take loving care of our children! Please be sure to introduce yourself and give them a pat on the back whenever you see them!! Also, on occasion we may need to ask a discussion group to provide a 'volunteer MOP' to leave the meeting and help out with the MOPPETS if a teacher is unable to attend on that day. Please note the dates on the MOPS calendar when your discussion group will be providing this very much-appreciated service. We are always looking for qualified teachers. If you know of anyone please contact Becky Orin, Nursery Director at SLFJMC, at 281-634-8955.

**Prayer Team:** If you feel a need for support and prayer either for yourself or someone else, please see someone on the prayer team. They will pray with you and continue to do so for as long as needed. **ALL INFORMATION IS STRICTLY CONFIDENTIAL!**

**Communications:** Our monthly newsletter is distributed at the first meeting of each month. All MOPS members are encouraged to submit articles to the Newsletter Chairperson(s) by the second meeting of the month to be included in the next newsletter.

**Service:** Part of being in MOPS is gladly supporting each other with our time, our gifts of service, etc. Whenever you are asked to help out somewhere for anyone, please do so.

**Sick Children Policy:** We adhere to the following sick children policy:

- Children need to be free of fever for 24 hours before coming to MOPPETS.
- Children who have thick, discolored nasal mucus should stay home until mucus is clear.
- Children who have any contagious illness should stay home.
- Children who have any condition such as vomiting, diarrhea, etc. should be kept home, no matter what the reasoning behind the symptoms (teething, etc.)
- Please use your common sense when deciding whether to bring your child to MOPPETS.

**Starting Time:** We will begin each meeting at **9:00 a.m.** Children can be brought to the Children's Building beginning at 8:45 a.m. ....Please do not use the port-a-cocher !! This is only for the Preschool Carpool drop-offs. Please use the sidewalks leading to the building to safely walk your child/children into the building.

# MOPS

## MOPPETS INFO

Dear Mommy...

- ♥ Let's try to arrive at my nursery room around 8:45a.m. so that you can have time to settle me in without being rushed.
- ♥ When you sign me in to my nursery room, please give the nursery workers any special instructions regarding feeding me or soothing me when I cry.
- ♥ Please remember to sign in when you drop me off and sign out when you pick me up.
- ♥ They also have security name tags for you to fill out for me. Please stick the name part of the security tag on my back and place the corresponding number part on yourself. You will need to give it to my caregiver when you pick me up.
- ♥ Remember to say 'hi' and introduce both of us to my teacher or the nursery workers!!
- ♥ Please don't leave without saying goodbye to me. A great big hug and kiss would be perfect!
- ♥ If I am having problems with separation anxiety, inform the nursery workers when you drop me off and let **them** try to comfort me once you've said goodbye. (You know me, I may try harder to get you to stay and pick me up!) If my caregivers can't settle me down they will call for you to come and get me.
- ♥ Please pick me up as soon as you can after the meeting (or no later than 11:30a.m). I may become anxious if I'm left when the other kids are gone.
- ♥ Please keep me at home if I don't feel well or have a fever, yellow or green runny nose, bad cough, or have had diarrhea or vomiting in the past 24 hours.
- ♥ If I need medication of any kind, even Tylenol, you must keep it with you and give it to me yourself. The nursery workers cannot give me any kind of medicine.

- ♥ PLEASE clearly label everything you are dropping off along with me: all of my diapers, bottles, cups, food containers, extra clothes, and even diaper bags!
- ♥ Please send a snack with me, but make sure that it does not contain peanuts, peanut butter or peanut oil. **Some of the other kids have peanut allergies.**
- ♥ On special holidays, my teachers may give me a special treat to eat, but be sure to let them know if I am not able to have it.
- ♥ If I am 3 years old or older, please leave my cups at home. We get to use big kid cups provided by my teachers.
- ♥ Please instruct the workers as to when my bottles should be given to me.
- ♥ Keep me in disposable diapers while I am in the nursery for sanitation reasons. And please bring enough diapers and a change of clothes just in case!
- ♥ Please make sure I have a good pair of shoes on whenever you leave me in the nursery. This is a state requirement.
- ♥ On nice days they might take us out to the playground so you might consider putting gym shoes and sunscreen and /or bug repellent on me!
- ♥ There will be plenty of toys available for me to play with, so please leave my special toys at home so that I don't accidentally lose them.
- ♥ I know you want to know how I am doing, but it is easier on me if you do not check on me (unless it is time for me to nurse). You will be notified if I need you!
- ♥ If I am under 6 months old, I can stay with you in the meeting as long as I do not distract others. If I start to fuss, please take me out until I settle down.
- ♥ If I am over 6 months old and not nursing, I should not be in the meeting room at all during the meeting.
- ♥ It may take me several tries before I begin to recognize my nursery workers and my nursery room and become more comfortable. It might help me adjust faster if we can come here consistently.
- ♥ I know the MOPS steering committee wants you and me to have a positive nursery experience! Please let the MOPPETS Director, Becky Orin, know if you ever have any questions, needs or concerns! She can be reached at (281)634-8955.