



International MOMS Club®
Fact Sheet

Changing needs for changing moms

As I write this, I've been in the MOMS Club over 15 years, and through those years, I've been surprised by how the purpose of the MOMS Club has changed to fit my needs.

When I joined the MOMS Club, my needs were very simple – I needed adult interaction.

Even though I truly wanted to be a stay-at-home mom, I did not realize how isolating that could be. Before my first daughter was born, I had a wonderful fantasy of how it would be when I was at home with her.

I knew my house would be perfectly clean and in order at all times. What else would I have to do? I also knew that I would prepare healthy meals, catch up on soap operas and reconnect with old friends.

It was also obvious to me that with all this extra time I would have, it would be a breeze to get my old body back. Seriously, how would I not be able to fit in an hour a day for fitness!

Several weeks after my daughter was born, reality set in. Not a single one of my fantasies came true.

My house was a mess, laundry was piling up, I couldn't prepare meals because I couldn't figure out how to grocery shop with the baby. I couldn't hear the soap operas with all that crying, my old friends didn't want to reconnect because they didn't care about baby poop and spit up, and I still looked like I was 6 months pregnant – so much for fitness!

It took me 11 months to find and join my first MOMS Club chapter. What a relief it was to be with other moms who understood what I was going through! I felt so supported and finally realized that this was motherhood and we were all going to go through it together.

Over the next year, my daughter learned how to play with other kids and was having a great time. But most importantly, I felt supported and enriched by my MOMS Club chapter.

Seven months after joining my chapter, I became president and gave birth to my second daughter. I realized that my needs were changing again. I had a preschooler and an infant. Some of the moms had school-aged children. Being president, how would I meet everyone's needs?

It was then that I started to realize that this was the MOMS Club and not the kids club.

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Yes, our kids would be with us at all of our events, but the goal was to enrich the moms. The kids were fine just hanging out and playing with their friends. It was the MOMS that needed to enrich their minds. It was the MOMS that needed to feel like they are part of something. Most importantly, it was the MOMS that needed to feel supported.

Am I saying you shouldn't have kid-centered activities in your chapter? No, but the key is balance. To have a healthy, strong chapter you need both child- and mother-oriented activities.

If you just have kid-centered activities, your members will only attend those that are age appropriate for their own children. But if the activities are mother centered, it won't matter what ages their children are.

It is especially important for the moms with school-aged children to have mom-centered activities. If not, they will feel that it is time for them to "age out" of the chapter. We don't want this to happen! The MOMS Club is for all at-home moms, regardless of the age of their children.

It is important to teach your members to be responsible for the chapter and step up when needed. All the members have important abilities and experiences to share, and should all be a part of the decision-making and planning for the chapter.

I recently had several other personal changes and am looking to my MOMS Club chapter for support.

First, I have a teenage daughter now. She is 14 and very beautiful. Need I say more?

Second, for the first time in 14 years, all 4 of my daughters are in school full-time. My needs have changed. I am very fortunate because my chapter continues to support me through our knitting and crochet group, coffee and chat, and of course, our business meeting where we often have a speaker or interesting topic to discuss.

I hope in the future, there will be more members in my chapter that can meet to discuss the unique needs of being a stay-at-home mom of a teenager. You thought two-year-olds were bad! Just wait!

When you plan your chapter's activities, remember your members' changing needs. Your members need your support long after their last child heads off to school.

Focus on supporting your moms and finding out what their needs are at all stages of their time at home. If you do that, the rest will fall into place and you will have a strong, healthy chapter.

I know what great sacrifices you are all making to stay at home and raise your children. I want to congratulate you on your choice. You all deserve a round of applause!

*from a speech by
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