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How to Meet Other Moms



Meet Other Moms

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Introduction

Being a new mom is such a wonderful time, but it can also be isolating when you don't have people who can relate to all the new things you are going through. Here are some tips on how to meet up with other moms for friendship and to keep your sanity!

Instructions

Difficulty: Easy

Things You'll Need

- computer
- internet

Steps

1 Step One

There are many resources available if you are looking to meet up with some other momma's like yourself. Check out the following:

2 Step Two

www.meetup.com

You can search your city and find various playgroups and mom groups. You'll need to create a profile and join the groups you like. Then find events on the groups calendar you would like to attend, or create an

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event yourself, and RSVP. This is free to join!

3 Step Three

www.connectingmoms.com

If you want to join discussion and talk to other moms, but are not really outgoing and would rather stay home, this is like a Myspace for moms. You can add friends, leave comments, join discussions, rate products and there are some contests as well. Free to join!

4 Step Four

www.seeMOMMYrun.com

This is a website where you can find other moms in your area who have either walking groups or [running](#) groups. Great for moms who would rather get some exercise and fresh air than stay inside. All you need is a stroller and you can be on your way to working off those last few pounds of baby weight, making friends along the way!

5 Step Five

www.mops.org

MOPS is here to come alongside you during this season of mothering and to provide you with support and resources to be a great mom because better moms make a better world.

Mops usually meet through christian churches, however the meetings are not religious. At a MOPS group, there is usually a place for the kids to play or be watched while the moms have refreshments, then participate in some kind of activity such as a craft project or listen to a guest speaker on a variety of topics concerning women.

You can look up local MOPS groups in your area through this website and learn more about MOPS.

6 Step Six

www.momsclub.org

We are a support group designed just for you, the at-home mother of today! You are interested in the world around you, want a variety of activities for you and your children, and are proud of your choice of at-home mothering for your families! We know, because we're at-home mothers, too!

You need a support group that understands your special needs as an at-home mother and we're it! We are the first, largest and fastest growing support group specifically for ALL at-home mothers.

You can find a chapter near you through the website.

7 Step Seven

EatBetterAmerica.com

www.momsnetwork.com

A place for work at home moms, find work at home ideas, promote your home biz, read articles, join message boards.

8 Step Eight

www.strollerstrides.com

Get in shape with your baby and other mommy/baby pairs.

Stroller Strides is a total fitness program for new moms that they can do with their babies. It includes Power Walking and intervals of body toning using exercise tubing and the stroller. Taught by specially trained instructors, it's a great workout for any level of exerciser. Please get doctor's permission before starting this or any other exercise.

Go to the Locations Page on the website for your area to get local contact information.

9 Step Nine

Contact your local community center. They may have mommy baby fitness classes you can join, as well as have information on playgroups.

10 Step Ten

Next time you visit the pediatrician, check to see if they have any information on local playgroups.

11 Step Eleven

Through the hospital you had your baby, you can sometimes join "birth clubs" or groups of parents who had babies around the same time you had yours.

12 Step Twelve

GET OUT! I know sometimes as a stay at home mom, it can be easy to just stay in when you don't have anyone to meet up with. But when you get out in public, people will approach you and you can meet new people. Take your baby to the park, coffee shop, mall... You might just find someone who is doing the same thing.

13 Step Thirteen

Good luck in finding your mommy friends!

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Looking For Moms Work at Home? Moms Work at Home. \$25-\$50 an hr.
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www.ABTips.com



Overall Tips & Warnings

Let's not judge other moms on their parenting style, we are all doing our best! And if our kids are loved, secure, healthy and in a stable environment, who cares what method of parenting is being used. Each family has to do what works for each specific child.

Don't be shy!

Resources

- [MeetUp](#)
- [Stroller Strides](#)
- [See Mommy Run](#)

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