



PRESS KIT

got kids? take notes



A quick reference guide to raising children
Norma Smoker & Rachel Smoker Cox

Quick Parenting Notes from Got Kids? Take Notes...

"The Cadillac & the Mack Truck"

Every child has his or her own personality. Some are easy to bring up. They're like driving a brand-new Cadillac on cruise control on a straight, freshly paved highway. Others are like riding an old Mack truck shifting 14 gears while climbing up a winding and bumpy dirt road. We had one of each. Whether you have a child who drives like a Cadillac or a Mack truck, enjoy the ride. It does not necessarily mean one turns out better than the other. It only means the journey is different.

"The Pot and the Bottle"

Parents, keep this perspective in mind: you are not simply raising children; you are bringing them up to become wise, independent, self-confident, happy, and responsible adults. The first three years are the most formative but the learning period extends through age ten. When children are young, they absorb everything they see and hear like sponges. Think about it this way: their minds are wide open like a large pot of flowers. Every word you say becomes a seed planted in their minds. By the time children reach their preteens, their minds are more like the narrow opening of a bottle of soda. They do not receive and accept as much, or as easily, as they did the first ten years of their lives. Remember, you only get one shot at it!

"Unconditional Love"

While our younger daughter was playing with her toys in the bathroom sink, I came in to find water all over the floor. She turned and looked at me, and for a quick instant, I saw a look of worry in her eyes. I said to her, "Rachel, you made a big mess, but I still love you!" Her facial expression relaxed, and she smiled. Soon after, she began affirming it for herself. As I was scolding her later that week, she clasped her tiny hands and stuttered, "but, but mommy, you still love me!" I took her in my arms and told her, "I will always love you, no matter what, no matter how big the mess, I will always, always love you. Triple dose your children with unconditional love.

"Etiquette"

A place to start teaching your children to succeed is in the area of manners and etiquette. At a very young age, both girls knew to hold out their hand and politely say, "Nice to meet you," while looking into the eyes of the person we would introduce to them. The adults they met would respond with praise and positive comments. When their friends would have dinner at our home, we taught them to wait for the host to take her first bite. I love to remember all their eyes watching me as they waited for the signal to eat. Good etiquette breeds compliments and compliments breed self-confidence. Etiquette is a prerequisite in nearly all aspects of life, both personal and professional. It should become second nature to your children as they grow up.

**To schedule Norma Smoker for an interview or to have her speak
to your group or organization, please contact us at 954-763-6055,
info@GotKidsTakeNotes.com or P.O. Box 4592, Ft. Lauderdale, FL 33338**

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What readers are saying on Amazon:

A Unique One-Minute Manager Format with Love & Humor. Warm, clever easy-read with a smart set of principles you will remember. The real-life examples & short stories make this an ideal gift book. Charming!"

—Veteran Family Therapist

"A gem for all parents. Norma Smoker & Rachel Smoker Cox hit a home run with this easy to read gem of a book. Each story shares a valuable lesson and has blessed me to treasure the significance of motherhood and my precious time with my daughters."

—Rebeca Galiano

"This book is excellent for moms on the run who want to have a quick word about parenting that is insightful and reminds us to cherish our children more! Great illustrations and ideas bring up children to be happy successful adults!"

—Happy Teacher

"I love this book...easy to read, funny and honest. ...It's a sort of toolbox for guiding the development of a child into a "whole person" who grows up confident and independent...lots of insight distilled into nuggets of wisdom. ...Great baby shower gift for Mother's Day!"

—Trisha

"Great book to remind us all to enjoy the parenting journey!"

—Jill (Safety Harbor, FL)

"A real fun understanding of kids. Some great insight and ideas that will help almost anyone with kids..."

—Shelby G. Smith III (Fort Lauderdale, FL)

"Every mom and dad should read this book."

—G. Baby "Amazon Lover"

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Interview Questions:

1. Tell us what motivated you to write this book?
2. Your titles piqued my curiosity. For example, the Cadillac and the Mack truck note. Please explain.
3. In the note titled: "The Clean Slate Method," why did you include the emotional needs list?
4. What would you say is the most important or most crucial element of rearing?
5. There is a loving story about your daughter, Liza, forgiving you; would you share it with us?
6. How did you teach your children about handling their finances?
7. Recount the bittersweet realization you had in the note "Don't Rush Bedtime."
8. Why did you put a chapter about teachers in your book?
9. Who in your life gave you positive prophecies?
10. What do you mean when you say "children learn by osmosis?"
11. Would you read the entry in your journal you wrote the night before your daughters left for college?
12. Your book is short and to the point. How did you come up with the format of the book?
13. If you had a second chance as a mom, what would you do differently?
14. Why did you choose to quote Will Smith in one of your notes?
15. Would you share the illustration where your daughter describes you as a football coach?
16. What is one note that you did not include that you wish you had?
17. How can this book be used?
18. Is it all about leaving a legacy?
19. You dedicate this book to your father and mother. How did your relationship with your parents influence you as a parent?

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Norma Smoker Biography

Popular speaker and author Norma Smoker offers practical and encouraging insight to moms and dads of all ages. In her book, *Got Kids? Take Notes*, Ms. Smoker demonstrates her passion for helping families handle the pressures of parenting. Through her coaching, parents learn to become "the parents they always wanted to have" and to create a home where everyone is happy to return to at the end of the day!

Got Kids? Take Notes is a compilation of Ms. Smoker's experiences and knowledge gained from her work as a radio host interviewing best-selling authors, doctors, psychologists and internationally known Fortune 500 speakers; her extensive work with family outreach organizations; and most important, raising her two daughters. She also has produced various successful conferences, seminars and special events throughout South Florida.

Norma Smoker received a Bachelor of Arts in Education from McGill University and has lived in Florida with her husband, Ed Smoker, since 1980. Her involvement with family outreach began in 1990 when she founded and served as the Director of the HOME (Helping Our Mothers Excel) Group, in Fort Lauderdale, Fla.

Since then, Ms. Smoker has been a sought-after speaker for family and business organizations, schools and workshops. Her topics range from personal dynamics and relationships, leadership, developing effective communication, organizational skills, to education and family matters.

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