

# MOM WISDOM

RESOURCE GUIDE #4



Heidi Cooper  
Shaine Brock

# RESOURCES FROM HEIDI COOPER & SHAINA BROCK

## Recommended Books:

- [Heart of Wisdom](#), by Robin Sampson
- [The Three R's](#), by Ruth Beechick
- [You Can Teach Your Child Successfully](#), by Ruth Beechick
- [Foundations of Torah](#), by Anne Elliott



Heidi Cooper

Heidi Cooper has been married to her best friend, Doug, since 2000. They have seven children and live in Michigan.

Heidi says, "I'm sure we will find we have much in common. Our plan started out a bit different, but YHVH's plan was to bless us with lots of kids! We have seven kiddos that we homeschool, as well as Doug's mom, who lives with us. We work together, play together, and experience life together. Throw sheep, ducks, two dogs, a cat, and a few chickens in the mix, and life is never boring. Early in our marriage, Doug taught me quite a bit about cooking, like the wonderful world of the chef's knife. Now, I love cooking and feeding my family with nourishing and fun food."

## Find Heidi Online:

- [Torah Family Living](#)
- [Torah Family Living Store](#)
- [Cooper Family Printing](#) - Printing & Binding Services

Shaina Brock

Shaina Brock has been married for 33 years to the love of her life, Mark. They have eight sons, three daughters-in-law, and ten grandchildren, and they live in Michigan.

She began working with women as an apprentice midwife in 2001. A few years later, she struck out on her own. She loves working with women and has had some great mentors. She sees herself becoming a mentor as she shares about her family and life.

She wants to walk alongside women as they talk about all the girl stuff of biblical womanhood. She says, "Let's get our Bibles out, grab a cup of tea, and see the blessings of being a woman. The Father created us with cycles and seasons. We can join together in community to be supported in the Sisters Circle for our monthly cycles and life's Fruitful Seasons."

## Shaina blogs at:

- [Fruitful Seasons Birth](#)
- [Fruitful Seasons on Facebook](#)

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