

be there • say YES as often as you can • let them bang on pots and pans • if they're crabby, put them in water • read books out loud with joy • go find elephants and kiss them • encourage silly • giggle a lot • remember how really small they are • search out the positive • keep the gleam in your eye • go see a movie in your pyjamas • teach feelings • realize how important it is to be a child • plan to build a rocketship • stop yelling • invent pleasures **together** • surprise them • express your love, a lot • serve ice cream on your best dishes • have an indoor picnic • tell them everyday how lucky you are to have them • sew them capes and let them live in them • shape your home and marriage to bless them • nuzzle them and verbally express how amazing they are multiple times every day • let them help with dinner even if it involves some serious mess • learn to say yes rather than no • care more about them than the opinions of others • tell them the truth • expect the truth from them • snuggle them when they wake at night • let them eat a brownie for breakfast once in awhile • drop everything to snuggle • make messes **together** • let THEM lead the way sometimes • hold them tight (when they need it) and set them free (when they need it) • let them see your goofy face • let them know that mistakes are just opportunities to learn • listen • **laugh** • embrace • sit with them often, don't always be "busy," just sit and be **together** • always stop your car somewhere when they tell you they need to go to the bathroom • remember to give hugs and kisses first thing in the morning • have picnic lunches with fancy things and candles • be silly • let them see you smile when happy, but that it is ok to cry when you are sad, **dance** and look silly, they are not judging you but happy that you are dancing along • let them make a mess without having to clean it up • be there • be in their lives • use everyday moments to teach • love them just as they are • let them use their imagination even if it means beating up your house a bit • let them make a spiderweb from the sash rope...all over the room • give them coordinates, but let them find their own way • agree to a 2am snack • build • go on a "bear hunt" **together** • give hugs, many hugs • let them see you do something that is totally unlike you • let them know they count in this big world . . . that what they feel is real, even if it is only to them • tell them you love them everyday • let them know when you have made a mistake • let them make a campfire on the balcony and see what develops • stop caring about the mess • learn to love mud as much as they do, even if it is in your house and on their clothes • build tunnels • say thank you • make a lot of noise • introduce them to the joy of "quiet" • do more asking and less telling • cook **together** • sit down on the floor with them and play with them on their level • turn off the computer • listen, really listen • embrace their "help" no matter how much more difficult their help makes your task • play outside everyday • instead of killing creepy crawly things, make them your pets • eat their cheeks and pat their bums often • let them get in your bed at night when they're scared or cold • don't worry about being late to work or school once in awhile • **sing** along to The Beatles or The Ramones with them • cuddle • Keep your own dreams, desires and expectations in check • remember they are their own people • send them a package in the mail, completely out of the blue • let them build a treehouse • allow them to explore • cherish them • nurture them • give them what they need to be creative • **sing** to them, **sing** with them • enjoy the moments they want to cuddle and enjoy the moments they want to be free • protect them but don't shelter them...let them experience their big and amazing world • you can NEVER give to many hugs and kisses or let them know how much you love them • learn from THEM everyday • have an after dinner **dance** party • cuddle up with them on their own, but also in a big family heap • tell them i love them every single day • give hugs when they're asked for and when they aren't • be silly • acknowledge your own mistakes and learn to **laugh** at yourself • be there to catch them when they fall • let them sit on your lap, even when they don't fit • read them books when they ask • answer their questions honestly • let them see the world how it is sometimes, you never know what kind of positive thing they will see and enlighten you with • get up early and snuggle into their bed with them.....and fall asleep..... • build fairy houses • look them in the eyes • stomp in puddles • follow their direction • play with worms • listen deeply • make up stories **together** • embrace who they are at each moment • sit in the treehouse during a storm • **sing** at the dinner table but not with your mouth full • swim with sea turtles • dive with orca whales • watch the eagles in their nests • fishing • **laugh** often • hug even more • eat more chocolate • always keep a running list of why and how you love them, **sing** it to them everyday • turn off the T.V. • spend the morning painting silly pictures • get down on the floor and play • remind them how special they truly are • remember to stop and really look at them...the beauty in every movement makes my heart swell when I remember to just look • sit and do nothing **together**...just be in the moment • take time to really listen • **sing** to them at bedtime • kiss their boo-boos • read in silly voices • guide them in making their own choices and learning from their mistakes • give them definite boundaries and let them explore inside them • hug them always and often • tell them how lucky you are to be their momma • when you fail them try again and again to do better next time • do things with them....not just for them • play in the dirt • walk with them somewhere • create anything with them - they don't care • give them all the responsibility they can handle and the freedom to make mistakes while they're young • let them lead • sit down and "just be" with them • stop.listen.learn • talk in gibberish for 5 whole minutes making the wildest sounds you can think of • look at them when they enter the room • listen with your whole soul when they speak • allow them the space to be who they are, even if it isn't who you thought they were or want them to be • **laugh** at their jokes • hold them until they feel better • be available, open, receiving and responsive to them even when I feel overloaded, especially when I feel overloaded • say sorry to them when you mess up or hurt their feelings • give them the chance to "do over" a mistake • me yourself, not "mom" • love yourself • give the unexpected hug/ cuddle/ love you • when they are teenagers, on those rare occasions when they want to talk to you are are willing to open up about their feelings, stop and drop whatever you are doing and listen • introduce them to sunrises and sunsets • remember that broken objects can be replaced but little hearts broken by harsh words are forever altered • create some magic • bake cookies, on a Tuesday, for no reason • **dance**/play/swim/build/get dirty/jump/sing/run/laugh WITH them. playtime needs no audience • when they are sad, hug and **sing** and rock in the rocker until all is well again and ask them to do it with you sometimes when you are sad too • hugs and kisses • giggles and tickles • let them know how amazing they are • have a backwards dinner with multiple desserts and only one vegetable/meat dish • make matching clothes for them and their dolls • read **together** • say "yes" to reading the book you are tired of • apologize when you are wrong • notice when their inner light shines and reflect that shine in a smile back to them • tell them they are special. often. and mean it with your whole heart when you say it • sit quietly with them and hold them tight when they are scared • let them crawl into bed when they need to snuggle • let them blow bubbles in the house • walk in the rain • have snow fights • make cookies • eat ice cream for breakfast • build play forts inside • turn off the T.V. • whisper sweet things in their ears while you tuck them in at night • let them help, even when it really makes the job harder • give them a million kisses a day • let them pour out the entire bottle of glue or pain • worry about the mess later • let them build a fort **together** and sleep in it **together**, even if you know they won't sleep as well as they would in their own beds • read **together** every day • lie in bed with them at least once each week and just listen • let them make a mess, a big mess, then teach them to help clean it up • kiss them a million times every day that they'll let you • kiss and hug her baby doll when she asks and enjoy it • hold his big boy hand and skip, even when there are other people around • race all of your little ones up the hill and then roll down, melting into a big pile of giggles at the bottom • get them out of bed at midnight and go to the perfect spot to see a meteor shower • take them into the forest in the dark to seek a species of mushroom that glows in the dark • slide down the stairs on a cot mattress • don't teach them to be ashamed of negative feelings, that only teaches them shame • give them rules and boundaries • let them mess up now and again to learn how to deal with the effects • build a blanket fort and line the floor with pillows, climb in it with them • wake them every morning with a kiss • look them in the eyes • erase "just a minute" from your vocabulary • listen to him • be present with him • look at him in his eyes • give lots of hugs and kisses and tell him i love him often • acknowledge him and his feelings • rub his hair • **sing** and **dance** • limit saying "no" and "don't" • let his imagination soar so he can be the person he's meant to be • let them see your humanity • admit when you're wrong • never be scared to ask for their forgiveness • smell them • touch them and let them touch you • sink your hands deep into the sand and smile at moonbeams • let them be children • make up silly songs **together** and **dance** around and around • tread carefully for their lives are all dreams • breathe don't shout • when you think your heart will break with the pain of loving them, with how hard it is to be patient and how hard it is to fulfill their needs; love them more, give them more, open yourself to the possibility of expansion • forget the dishes and the vacuuming, it will be there later • play at the playground with them instead of watching • answer every question they ask no matter how many times they ask it • play dress up with them and join the tea party • if they want to go swimming and it's the middle of winter...fill up the bath tub for a swim • just love them and hug them • read **together** • celebrate pajama days • play legos **together** • let them teach you, too • let them **sing** the lyrics any way they hear them • let them **laugh** and **laugh** along • make art everyday • let them build gigantic "cars" out of cardboard boxes in the middle of the living room • apologize when you're the one who's wrong • make messes • **laugh** • jump in puddles • blow kisses • hold hands • let them know you love them...just because • remember they are complete at this moment, that there is no such thing as a bad kid, just less than desirable behavior • smile at them every single day • hug them and tell them you love them daily • call them "lovey" and "rabbit" and "sweetie" even when they're teenage boys and they think it's annoying • drop a chocolate valentine on their algebra 2 homework when they're not looking • do something they like to do that you have never done • look them in the eye and say "I am so proud of you" and "it is an honor and a blessing to be your mother" • be present with them • let them be who they are • play with them everyday • create art • **dance** and **laugh together** • hug and kiss them and tell them you love them everyday • turn off the T.V. and computers in the evening • have dinner **together** by candlelight • listen to what they have to say • **sing** the songs they want to **sing** • snuggle on the couch as a family • keep your marriage strong and model a loving healthy relationship • tell them how much you love them when you tuck them in each night so that they can have sweet dreams • save them from themselves, when they are being wee monsters • try not to get frustrated in the unnecessary of it all, but help them make it right • help them save face • hold them • just when you are about to say no, pause, say yes instead • when they are melting down or being rude, don't look at other adults, look at that precious child and hold them closer • indulge • tell stories • get down on the floor to play • look at them • learn from them • be with them when you are with them • be human • say sorry • give time • kiss • love with passion • listen • play • talk • learn to see things through your children's eyes • slow down and enjoy every moment possible, they are only little once • let them just be kids • be silly • have tea parties with all the fixin's • play dress up • have "silly" days where everyone in the house must come in costume to dinner • surprise them with impromptu adventures and activities • kiss them for no reason • show them the earth and its love • pet animals **together** • light candles, say grace, give thanks • take time everyday to really notice them • memorize every inch of them • **dance** when they aren't expecting it • hold them a little bit loner • look deep into the eyes of your baby and watch him as he explores your face with fingers in your mouth, nose, eyes and tugging at eyelashes. trust he will be gentle, watch the joy on his face • make cake...even if its 9 in the morning or 10 at night • try to fit in a minimum of 100 kisses everyday • allow the creativity of your child to flow through every medium he can get his hands on...even the messy ones • spend at least a few minutes of each day outside • talk about everything and anything • don't let your fear get in the way of his adventures...he can do things you never would have thought possible • as a mama, take a moment every once and a while to really see the amazing, loving, beautiful little human being that you helped create and feel a little bit of pride knowing that you really aren't doing so bad after all • be patient • step away from hurrying and move into child-time • let a walk around the block take an hour • put on some music and **dance** with scarves or ribbons • snuggle up with them in bed and tell them stories, at night, in the dark • have colorful pencils, crayons and paper out all the time • let them play dress-up all day • tell them in their sleep how much you love them • let your child create, your child will love you for it and don't worry about the mess. it will get cleaned up later • listen quietly as they play and play along when asked • listen to their chatter, it will tell you a lot about them • listen to their plans and dreams...it might chance by next week • believe what they say and encourage always • don't save things for "best" - everyday with your children is a special occasion • let them have their own emotions • act goofy • say yes • take care of yourself • feed them well • hold their hand • kindness, in everything • put a note in their lunch everyday, be it a wish for a happy day, or a knock-knock joke, or a simple I Love You • listen, so they know what they say is heard • let them be dirty • surprises • • stop and listen • imagine with them • encourage their dreams • make up silly love songs • say yes • **dance** with them • read their favorite story again (and again and again) • unlimited hugs • and kisses too • make a favorite meal, just because • celebrate their joys • share secrets • create something **together** • cuddle • take them seriously • jump in puddles • surprise them • give them space to explore • accept them as they are • know when to jump in and when to hold back • apologize when it's needed • work **together** • hold hands • acknowledge their efforts • make eye contact • give undivided attention • ask for help • involve them in decision making • trust them • follow their lead • play hide and go seek in the house • give them a cardboard box and watch what happens • try to relax • go somewhere special • escape from the everyday • wear the baby