

# »→ INSPIRATION & IDEAS ←«



## for Really Busy Parents



Volume I Edition 3

### TRENDING TOPIC: *Patience*

◦ **KIDS GROW UP...** We know it's going to happen, but it seems so far away! The reality is that time flies by so fast. Our days are busy, our schedules always full. Before we know it we have kids who are physically as big as us, and challenge us in ways we can't imagine when they are little. Being deliberate about our parenting practices and thoughtfully making decisions will not only assist in creating a happy life in the present, it will provide foundations for the future of our families and help us to grow responsible, respectful, healthy and happy kids, teenagers and adults! (Who will someday raise great kids of their own!) Being a parent is the most rewarding and the most difficult job there is! When we are thoughtfully proactive, rather than reactive, we are already off to a great start.

◦ **A SIMPLE WAY TO START** is to consistently think before speaking. Give yourself a moment to *think about situations before you react*. Sometimes the mistakes we make happen just because we are distracted, tired, or frustrated in the moment. A little patience can go a long way. Imagine yourself in your next "crisis" moment with your kids. Imagine your typical reaction. Now imagine yourself taking a moment to collect your thoughts, breathe and calmly respond. The decisions are usually there, it's just the patience that is sometimes hard to come by! Just like anything else, patience and proactive parenting takes practice. Give yourself the time and permission to work on it! When you have teenagers you will be glad you did!

### Quote of the Week

*Listen* earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little they won't tell you the big stuff when they are big, because to them all of it has always been big stuff. ~ Catherine M. Wallace