

*By Sheila Chaney, UPAT Parent Educator*

Wouldn't that be wonderful to have every moment special? Is that realistic? There are many days when I can see that in my family. There are many more days that I just missed the moment, (do to some minor irritant), and some days that are just awful. How can we make sure we get more special days?

Remember: Children are needy, exhausting, and challenging. They can drive you to the edge and back again. But if you are aware of a few things about children, and you know your own limits and needs, everyday has the opportunity to be special.

Very Important Reminder: Children are our greatest teachers, examples, and later in life (hopefully) friends.

What to do to be ready and open for special moments...

- Be stress free ( if your stressed your children stress)
- Love them...then love them a little more...then love them just a little more.
- See the good things they do...tell them. ( expressions of love are so important)
- Let yourself dream of what they may become someday with your loving help.
- Get some fresh air. Exercise is good for everyone...and can help let off building steam.
- Have a time out. Sometimes it is not them....it is you! Check to see if you need some rest.
  
- Check to see if you or they are hungry. People who need nourishment act out.
- Stop! Running and running doesn't mean happiness. Take some time to have a moment.
- Believe it or not, the weather can change people. Notice what the weather may be causing.
- Read, be an example of continued learning. Read books about everything...open possibilities.
- Stay hydrated. When you feel good you act better.
- Take care of yourself. If you are empty you have zero to give.

There are more things we could add to the list, but think of ways that you can meet the needs in

your home. Make opportunity for special moments. Sometimes just being more aware can bring one to flourish. Take good care of yourself and then help others. When we look outward to help and lift we only help ourselves. Be kind and considerate, what seeds you plant in children will grow. Kindness and consideration are great attributes to nourish.

What a blessing and challenge it is to have and raise children. Be the best person in your and their life.