

Take a Sip, Take a Breath and Go....

Explore, Discovery, Learn and Journey through Your own Motherhood

The idea of my parental positives started in New Hampshire with my counselor at the time. I was in sessions having concerns and worries over how I was doing in my own journey as a mommy and I how I was feeling about how I was doing. So my therapist said when I was /have moments where I'm doubting myself, worried, concerned or feeling overwhelmed for me to think of some things I thought I did or do that we are good/green, right, positive and healthy things in my motherhood. I was told that anything could be put on the list it could be simple, small, big or complex and it didn't matter what it was as long as it was something I thought I was doing well or positive in my motherhood. So I made a list and this was what I came up with at the time. In my moments of feeling stressed, worried, concurred and overwhelmed I would look at my list. My list would help me realize that yes I'm doing this right, I'm doing okay and I've got this. I challenge all my fellow travelers in motherhood to make your own list of parental positives. Make it your own and put whatever makes you feel or think that you are doing a good job, that is positive and healthy that you are doing in your motherhood for your babies. Let this be what makes you feel as you got this and then continue going through your journey in motherhood.

The List of My Parental Positives for my own journey through Motherhood

1. I tell my babies I love them all, all the time
2. I give my babies as many as possible kisses and hugs
3. I snuggle and cuddle with my babies as much as possible
4. I hold hold my babies as much as possible
5. I affirm/complement/encourage my babies as much as possible
6. Let my babies pick/make their own choices
7. I give my babies chores they are expected to do daily and or weekly
8. I give my babies weekly commission for their chores not an allowance and it's only given if chores are completed.
9. I make time for special time with each of my babies
10. On weekends when home my babies get choice time for special time
11. When possible and often as possible I do story time with my babies or family reading time together
12. When possible and often as possible I do family movie/game night with my babies
13. Weekly (to the best of my ability) I do family devotional together with my babies

14. My babies and I go to church together
15. My babies and I say night time prayers and morning prayers before we start our days.
16. I talk with my babies about God and when they have questions I do my best to answer their questions
17. In the summer I go swimming with my babies daily when weather permits
18. My babies are provided with good and healthy food/drink choices
19. Sweets, treats and desserts are limited except for special occasions
20. I have and enforce strict early bed times for my babies
21. When my babies make bad choices I discuss and explain why that was a bad/red choice or ask them was that choice good/green or bad/red and why it was a bad or good choice
22. When my babies make good/green choices I praise/applaud and encourage my babies making good choices
23. When my babies are in trouble I will say "that choice doesn't make mommy Happy" or that don'ts make mommy happy. I never ever equate their bad choices to my love or lack of love for them
24. When my babies are in trouble I always follow up with My love will never ever change and will always and forever love you no matter what
25. TV and screen time I focus on quality and making good choices of the selection of what is watched or on screen time for my babies
26. I also limit tv, screen and table time for my babies
27. Similarly often times screen time, iPad and tablet are allowed as after all work is done or as a reward for my babies
28. I maintain a set but reasonably flexible routine and schedule for my babies
29. I strive to maintain a balanced schedule and routine for my babies
30. I strive to facilitate and foster a good relationship for my babies with their grandparents
31. I in choosing the toys I purchase for my babies they are fun and educational that can grow with my babies
32. I also try to facilitate and foster their relationships with their friends with lots of playdates
33. With my babies we play and make up games together to play
34. As a mommy I use phrases Because I said so/I told you too
35. I strive to encourage my babies to be givers and sharers
36. I strive to help problem solve and create opportunities for my babies to learn how to solve their problems and resolve conflict
37. As a mommy I never use words like 'you are being bad' or 'your being a brat's fill in the blank. Instead I will say ' you are being interesting right now and not making good /green choices'
38. When speaking to my babies I strive to be extremely careful in my word choice
39. I set rules, limits, boundaries and enforce them with my babies

40. I get my babies to school, actives and places we go on time
41. I teach my babies to prepare for school the next by what we do in our morning and evening routine s
42. I will ask my babies how their days were
43. My babies did and do abcmouse.com
44. I demonstrate that I respect their boundaries
45. I as a mommy strive to find time for myself
46. I as a mommy strive to make sure I do self care for myself
47. I as a mommy strive to take my sips, take my breath and go on as I continue to travel through my own journey as a mommy