

THE ABCS OF CHILDHOOD

Appreciation, for all they bring into our lives
Balance, somewhere between too little and too much.
Commitment, it's the little things we do each day that matter.
Dreams, to touch the future.
Empathy, remember what it was like to be a child.
Family And Friends, everyone needs someone to love.
Guidance, actions speak louder than words.
Healthy Habits, to nurture body, mind and spirit.
Inspiration, to explore beauty, wonder and mystery.
Joy, sprinkle laughter and happiness daily.
Kindness, to learn to care for others as they are cared for.
Limits, set boundaries and consequences together.
Mentors, to give wings to their aspirations.
Nature, to delight in rainbow butterflies and shooting stars.
Opportunities, to discover what truly makes their heart sing.
Play, the "work" of childhood.
Quiet Time, to recharge their batteries.
Responsibilities, to build self-esteem and self-confidence.
Security, feeling safe is essential for growth.
Traditions, keep the family tree alive & sprout new branches.
Unconditional Love, for who they are , not for what they do.
Values, live yours and encourage them to find theirs.
Words Of Encouragement, You can do it, I believe in you.
Xoxoxo's, hug and kiss them each and every day.
You, your presence more than your presents.
Zzzzzzzs, a good night's sleep.

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