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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Tend To Your Wildflowers As They Bloom

By Aurelia Williams

Whether we see them or not, wildflowers bloom with each passing year. They blanket uninhabited

mountainsides with carpets of beautiful color with each season. Our children bloom with new attributes to their personalities with each passing day as well—whether we take notice or not. Time has a funny way of slipping away from us right under our noses, and we must be careful not to miss out on the beauty of everyday. Sure, we all have floors to clean, laundry to wash, bills to pay and running around to do day after day. All the chores we do are for the purpose of providing a safe and clean environment for our families, but the more important task at hand is to take notice of our children's emotional and spiritual needs. It's very easy to get into a strict schedule—off to school, do chores in between, home from school, homework, dinner, bath, and then bed. Day after day we stick to our schedules and rely on things remaining the same for the sake of sanity. Having a schedule is wonderful; in fact it's a great way to provide stability for our children. However, there are times when we need to break away from our schedules; be free to have fun and spend time sharing in our children's childlike spirit!

Make time to enjoy your children—play tea party, army men, board games or whatever suits their fancy! Playing with your kids is not only fun for them, but it's also relaxing for you. For a brief moment in time, you're not the waitress, disciplinarian, dietician, or taxi driver—you're just "ma" having a good time with your children. Just this once, don't yell at the kids for running down the hall laughing out loud because your favorite television show is on—turn off the T.V. and run down the hall with them and play a game or two of hide and go seek! Loosen the bun from the back of your head and get some dirt under your fingernails and dig for worms on a hot summer day; and then go rinse off under the sprinkler with them, clothes and all!

I challenge you to have more fun being a parent and interact with your child's playtime more often. Although it can be difficult to manage a household, raise kids and take time for yourself on a daily basis; you should enjoy your little wildflowers while you can, for someday they will bloom into adulthood and tend to their own wildflower gardens!

Aurelia Williams, certified Personal Life Coach and owner of

Tend To Your Wildflowers As They Bloom

<http://www.reallifecoaching.net>

and

<http://www.reallifesolutions.net>

, a Free Family Resource site.

Are You a Wildflower?

By David Leonhardt

Wildflowers grow from mere dust to reach their full potential.

Wildflowers grow well, even in adverse soil conditions.

Wildflowers don't require late nights at the office to grow.

Wildflowers grow thick and stick together.

Wildflowers grow strong and tall.

Wildflowers display their brilliant personalities for all to see.

Wildflowers withstand drought and grow all the more beautiful when watered.

Wildflowers withstand frost and hale.

Wildflowers last late in the season, when other flowers have given up.

Are you a wildflower?

David Leonhardt is the Happy Guy, speaker, author, and publisher of "Your Daily Dose of Happiness" at

<http://www.TheHappyGuy.com/daily-happiness-free-ezine.html>

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