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Top 10 Relationship Secrets – As Learned From My Twin 2 Year Olds

By Kari White

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Being happy in life and in relationships is very similar to learning to walk, talk and spell. I am blessed to have twin 2-year-old daughters and am amazed constantly at how much I learn from them on a daily basis. As I watch them run around and explore I find myself realizing just how much my observations apply to being successful and happy in a relationship and in life.

So take heart in the following tips - they may come from little people but they have the power of giants

1. No matter how small the issues are you can always improve your relationship! In every relationship, we come upon hurdles. Some of these hurdles are small while some are huge and are individual to your and your husband. Just remember to never give up and try to work these hurdles out together.
2. Climb that wall - no matter how big the wall is - persistence pays off in the end. Never give up on your dreams as a couple. Keep on trying. Your dreams are unique to each other - it might be to buy that dream home, have children or move to an exotic country. Dream and work together to reach those goals.
3. Surprise each other with your hidden talents. At times, each of you will feel small and frail as life pushes you through different obstacles. Rely on each other's strengths and talents to help each other through life's never-ending challenges.
4. Act like a silly goof. Whenever and wherever you want - express your love for each other. Don't care about what others are thinking as the two of you dance or run through the streets. Keep your relationship full of fun and ridiculous gestures.
5. Remember to share. In each relationship, you have to give, take and share. From the materialist items to your most personal emotions, keep an open dialogue with your spouse to share all that you can as a couple.

6. Run naked every once in awhile. Well, you don't have to run through the streets naked but take check of your sex life. As a couple, your sex life is the one thing that is yours exclusively. Don't let regular life such as stress and fatigue take over from enjoying the human contact you and your husband have dedicated to each other only.

7. Lay back on the grass and watch the clouds go by. Whenever you have a chance, go reflect and relax together. It is one of the most powerful combinations that you can use for your relationship. Pack up a picnic once and while or go to the park - just do it together and forget about the housework that has to be done or the presentation at work due on Monday.

8. Put on a fancy hat. Don't forget to get dressed up and go out on the town for the night. Many couples find they are making a date night just because they are either stuck in a rut in the relationship

of watching TV every night or working to late.

9. Silence is not always a good thing. If silence seems to be the communication level in your relationship, it usually means something big is brewing and trouble is near. Always talk through your problems, don't let things just go to the side to let it brew in each other's minds. Figure out the problem and fix it as soon as possible!

10. Take naps. Every once and awhile, just go lie down together and talk. Cuddle up to each other and celebrate in the love you have for each other. Fall asleep for an hour in each other arms and wake up to a new energy level together.

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Kari White is an experienced event and wedding planner. As a result of numerous requests, she has now completed the Unique Theme Wedding Planning Guide which can be found at her web site along with a free weekly newsletter. Do yourself a favor and check it out today.

Cooking With Your Kids Helps Develop Motor Skills for Preschoolers

By Laura Bankston

Did you know that cooking with your kids is a natural way for them to develop motor skills? If you've never looked at cooking that way before, think again. There's a reason why kids have a universal love for cooking – just like for stacking blocks and banging!

Cooking is especially good for preschoolers and here's how:

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1. Two year olds are developing large muscles in their arms: They will enjoy stirring and stirring and stirring :-). My two year old is always asking to stir; and her subconscious knows why! At 2 years old, a child naturally imitates circular strokes as part of their normal physical development. So, let them stir at every opportunity.

Here are some ways to encourage arm muscle development through cooking: stirring: flour, eggs, pancake batter, gelatin making, etc. scrubbing potatoes and vegetables cleaning the cutting board: Give them a washcloth and some lukewarm water with the cutting board in the sink. They'll have a blast rubbing the wet washcloth up and down the cutting board to clean it. pouring from large measuring cups into a bowl

2. Two year olds are developing the ability to turn pages: Another motor skill developed during the preschool age is the ability to turn pages.

So – just pondering here...is it the story they love so much or just turning the pages of the book? Well, actually both. They need the motor development of turning the pages; and the pictures and vocabulary improve their intellectual development.

3. Two year olds love "patting" and "pressing": From being fascinated with "patty-cake" chants at an early age, preschooler's still love to pat and press.

I'm sure you'll recognize your preschooler doing this at the park: scooping up rocks or sand, piling them up, and patting the top into different shapes.

Well, here's some suggestions to bring the "patting" inside: packing down brown sugar in the measuring cup gently pressing a fork on top of peanut butter cookie dough on the cookie sheet patting to level off the top of a cup of sugar patting and pressing on pizza dough pressing down with a cookie cutter on rolled sugar cookie dough

4. Two year olds love to dip – and this develops arm muscles skills too!: it takes a lot of coordination to dip! Getting the food in the dip, then moving the arm and somehow getting it into your mouth. If it wasn't difficult, they wouldn't get food all over their face! :-)

So, unless your 2 year old always has a clean face when he or she is done eating, here's some dipping opportunities: carrots in salad dressing french fries in catsup dipping a spoon in the emptied batter

bowl to clean out the goodies :-) dipping fruit in a fruit dip or chocolate (like frozen bananas or strawberries) dipping chicken or fish in a batter for you to cook dipping the bread in French toast mix

So, instead of "shooing" your preschoolers and 2 year olds out of the kitchen, let them dive in with these simple tasks that not only give them great pleasure, but help them develop their age appropriate motor skills.

Laura Bankston is author of Internationally selling Cooking with Kids Curriculum: "Homeschool Cooking in a Box" and the "Homeschool Cookbook". She currently home schools her three children,

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maintains home school support websites, and manages their family–owned service business. For information on her curriculum and free home school support services, please visit

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