




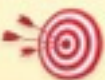


# Ways to Nurture the Gifts in Your Child

smile often • share lots of hugs • say "I love you no matter what" • play  
be silly • snuggle  cuddle • giggle together and laugh out loud  
speak the truth • admit mistakes • be willing to say "I don't know"  
pray • dream • cloud watch • star gaze • ask "what do you think?"  
and then listen with care • play music  make music • sing songs  
dance along • read books • tell stories • encourage make-believe  
 honor traditions • welcome change • expect the best  
accept what is • explore outdoors • feed birds • plant seeds  
water flowers • grow trees • be kind to the earth and all its creatures  
if handed lemons, make lemonade  find hidden beauty  
delight in each day as best you can • take care of yourself • breathe  
blow bubbles • ask for what you need • smell roses  fly kites  
nap when you can • talk about feelings and let them all be okay  
forgive with ease • ask for grace • count your blessings • give thanks  
walk your talk • live your values • practice patience • model manners  
teach the basics  aim for excellence • forget perfection  
allow messes • let your eyes light up at the sight of your child  
praise the good you see each day • celebrate life's gifts 