

Save the SAHM Podcast-February

Keep It LIT

Episode #2- You're a gift. So be present.

1. You're special to them (no matter how they act)

- a. This is hard to see through the fog of chaos
- b. Remember that you are valuable (and they know that too)-you are a gift to them
- c. Don't allow your feelings to change your knowledge
- d. Your kids have a special spot for you in their heart

2. Stop and see

- a. Take a step back and take it all in
- b. Remember how much you prayed for these little blessings
- c. Open your eyes to see them as individuals
- d. Be present with all of you; put the phone down, stop thinking of the next tasks at hand (I am so guilty of this one)

3. Prioritize them not the tasks

- a. Don't get so caught up in the doing that you forget the "Why", your kids
- b. That task can wait a little longer, don't let the moment pass
- c. Be sensitive to their emotional scale; do they need attention right now?

4. Reach out and touch

- a. Research (psychologytoday.com)
- b. Hug and love on your kids often. It leaves them with a confident and affirmed heart. Even after a disciplinary action.

5. Remember, they are gifts for you too

- a. Your babies are a blessing from the Lord
- b. Psalms 127:3
- c. **Heritage**: property that is or may be inherited; an inheritance; a special or individual possession; an allotted portion
- d. Given to you specifically

Today's Take Away: Be a gift to your gifts.

