



How to Really Love Motherhood

Remember to breathe. Deeply & often. Name those feelings as they fly through your heart. When your children are beastly & scream I HATE YOU (& they will) think of the warm sweetness of their tiny bodies when they were just new. THIS TOO SHALL PASS & far too quickly. Let the dishes pile up & have a party instead. Laugh A LOT. Go puddlejumping & cloudbusting. Build forts & climb trees. Spend rainy days in bed snuggling & sunny days outside adventuring. Sing loudly & off-key. Dance like MANIACS! Butterfly kisses & bear hugs cure broken hearts. Tell them they can be ANYTHING. Tell yourself too. Now believe it. And don't forget to breathe.....

