

Best Tips For Moms from ChannelMom



Mom Tip #1

Rest with your kids. This may sound trivial, but teaching your children to rest can remove you *and* them from “the religion of busyness.” Give your kids a break from busyness and noise to “be still” and remember what matters. EXAMPLE: When tempers are flaring because schedules are too demanding, ask your kids to come lie down on the carpet with you, close their eyes, breathe, and listen for peace. This carpet rest can be as brief as 5 minutes.

Mom Tip # 2

Exhibit forgiveness. If we allow our kids to see our frustration when someone treats us poorly, then we must commit to also allowing our children to see us follow through with forgiveness. EXAMPLE: You get in the car and vent to your daughter about how somebody spoke to you at the parent meeting. Follow this up by admitting that you may have spoken to a certain person in a hurtful way recently, and, just as you hope to receive that person’s forgiveness, you must forgive too. Hopefully, your child will learn the “forgiveness habit,” by your example.

Mom Tip # 3

Choose laughter. EXAMPLE: When you feel yourself getting riled up by growing piles of dishes, dirty socks and dirty sinks... announce, out loud, that you will now be making humorous comments about your messy house. Your kids are sure to join in (because most children would rather laugh than clean).

Mom Tip # 4

Teach children to help those who can't help them back. Give to those who have nothing to give back. EXAMPLE: Every Christmas, ask each of your kids to think of one child at school or in their homeschool group --- a child who is outside of their friend circle, who may not be well-liked or well-behaved or well-dressed. Ask your children to use their own money to buy that student a Christmas gift and then give that gift to them, either anonymously or in person. The results are amazing!

Mom Tip # 5

Be big on blessings. Make each night an opportunity to bring your children back to your love AND God's love for them. Just before bedtime, tell you kids it's time for their blessing. Go to each child, individually, to give them their personal blessing. EXAMPLE: At your child's bedside (you can hold their hands, hug them, or simply kneel beside the bed), say a prayer of blessing before them and God. Mention one positive thing about your child every time. Mention one future hope for your child. You can also quote favorite scriptures and use them as a prayer over your children's lives each night. No matter how the day has gone, this will help restore faith, hope & love for your child before they go to sleep.

Mom Tip # 6

Love. Here are three ways you can commit to choosing to "love" your children instead of succumbing to any other action or reaction:

- A. Commit to choosing to love instead of preserving your pride.
- B. Commit to choosing to love instead of staying angry.
- C. Commit to choosing to love instead of having your own way today.

Mom Tip # 7

Don't feel guilty. Don't allow this list to make you feel guilty about your mothering!

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