

This One is for the Mamas!

I watched a video this morning about a young man, 7th grade, who had been going through some deep struggles. He suffered the loss of someone very special to him when he was in 3rd grade; he was teased when he was in 4th grade for not being like the other boys who played sports, and a few other things. This all resulted in a downward spiral of emotion and physiological trouble. He made a pretty severe threat at his school which resulted in an arrest during his 5th grade year and time in Juvenile Detention. This all sounds very rough not only for the child but from a parent's perspective as well. I don't want you to focus on all the bad though...this young man said one thing that really stuck out to me. He said, "During this time, my mom would write me notes. When I was really down I would read one."

Did you catch that? His MOM. She was his biggest cheerleader.

Mamas...I know there are days that are hard. Kids throwing a temper tantrum in a store, or upset because you didn't make macaroni and cheese *again* for dinner, or fighting you on going to bed. Whatever the struggle or hardship that you are facing today or this week remember, you are your child's biggest cheerleader. They need you rooting them on in the midst of their melt-down. They need you cheering for them when you really just want to pull your hair out.

The work you put into your children and family each day is important work and they know it. Even if they don't yet, they will.