

Are Cherish the Little Things

Episode 33



Power of Moms
A Gathering Place for Deliberate Mothers

Jessee had an unconventional start to motherhood. Following an initial miscarriage, she then gave birth to a tiny baby girl with many special needs. Jessee and April discuss the paradigm shift that happened as she realized that she might not have a lot of time to spend with her daughter. The difficulty and intensity of the experience helped her to realize several things as a new mom.

- **Internal Mothering vs. External Mothering.** Moms are the life-givers to their children. Honor the feelings that you have about your children because you are the greatest resource to your children. You should be the primary resource for your children. There are so many supplemental resources available now in so many different forms. These helpful supplemental sources cannot replace the primary and most powerful resource of Mother. Find those sources, use them, but remember that you, the mother, are the BEST resource for your children.
- **Cherishing the Little Things.** Jessee saw that phrase while she was waiting for test results for her tiny unborn baby at the hospital. The message helped her to orient herself towards opening up her heart to this “little thing” that she needed to cherish because her life span could be shorter than expected. One little thing to help parents cherish could be to deliberately set aside a few minutes each day to be on the same level with our children and show them that we love them. Find those ordinary moments where connection is possible, and use them to cement your bonds as a family.

“Cherish the Little Things, For One Day You Will Look Back and Realize That They Were the Big Things”

Other Sources:

“Using Our Voices” Power of Moms Radio Episode 45 with Sarah Hull

“Get Kids To Listen” Power Of Moms Radio Episode 8 with Amy McCreedy