



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

But the fruit of the Spirit is **love, joy, peace**, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23



Reading & Music! Parents & all kids participate ~ ~ ~

*Parents - - you are well equipped - - looking back at our growth as parents
Discovering 'unexpected fruit' - journal entry*



'Gratitude turns what you have into enough'

Questions & Action Steps

- Love - What impact does noticing the good and giving thanks have on your attitude?
- Joy - What do you spend your energy thinking about? Are there any negative internal dialogue tapes you need to replace?
- Peace - What are the sources of pressure you experience in motherhood?



Celebrating Motherhood - "[Mothers are] all grappling with the same thing: how to love well the imperfect child entrusted to our imperfect care" Becky Kiefe

- <https://www.beckykeife.com/books> - *No Better Mom for the Job*
- Start naming your 'not enough' - - what 'deficit' do you fixate on?
- List those things you are good at as a mom.
- Comparison trap!
- <https://www.focusonthefamily.com/parenting/self-care-for-moms-is-essential/> Self-care assessment ...
- *The family that plays together, stays together.* While this saying is not uncommon, we should never take for granted the significance of spending time *enjoying activities together as a family!*