

May Edition Psych Corner-

Since May is when Mother's Day is, I thought I'd share some info on parenting as well as some great mother's day craft ideas. I LOVED this article about teaching kids by example! Hope you do too!

Teaching Kids By Example. For Better Or Worse.

By [Lisa Romeo](#)



When you're always being watched, your kids are gathering lessons... intended or not.

A few weeks ago, I was on the phone far longer than I'd intended with a client whom I was allowing to monopolize my time. My 12-year-old son was waiting for homework help, which I'd promised "after a quick phone call." Suddenly, my son stuck a bright green Post-it note on my desk. In his neat printing, it said: "Get back on topic."

Sometimes, we teach our children too well.

How many times had I said to him, and to his older brother, through years of homework supervision and hundreds of distractions and interruptions (likely sounding like the honking teacher in a Charlie Brown animated special), "Get back on task"?

His intervention also put me in mind of something his brother, now 17, said to me once 11 years ago when I had taken a few years off work to concentrate (mostly) on the children. Three days per week, I had three hours free while they were both occupied—one in kindergarten, the other in preschool. One dull winter month, battling seasonal depression, I fell into the habit of spending those afternoons wandering malls, browsing antique shops and buying shoes.

One day, I picked up my kindergartner and he asked what I'd done that day. "Just some shopping," I replied. "Oh, Mom, time to find something else to do."

Could it be he'd heard me say, dozens of times, when he'd reached the cranky stage after playing too long with one toy (or brother): "Time to find something else to do."

Yes. If we teach our children something right, they will fling it back at us, even when we don't want to hear it at the moment. When this happens, especially if it's on an otherwise rotten day, I'm secretly sort of proud. I say to myself, *well, at least I've done one thing right. I've taught my sons this.*

Likewise, the unintended lessons I've taught them—eating an entire bag of chips in front of the TV, arguing with my husband and then giving him the cold shoulder over something trivial, speaking too sharply to my own mother—also boomerang back in my direction. And when I see my flaws taking root in my sons, I'm filled with guilt. *You mean I've taught them that?*

In my efforts to lose weight over the years, I've tried to practice mindful eating—thinking before consuming. It sometimes works, but just as often doesn't (see chips-TV episode above). Recently, a friend who is a [family therapist](#) advised "mindful [parenting](#)"—thinking through not only how we respond to our children's actions [before speaking](#) or acting, but also being mindful that whatever we do, we are modeling behavior our kids are absorbing.

This makes a lot of sense, of course, but being a parent is 24/7, and the idea of being mindful all of those hours is daunting. When we consider that being mindful extends to the lessons we teach even when we're not planning on it, even when we are tired and stressed or think we're out of sight or earshot, well, the entire idea seems rigged against us.

When I drive Grandma to her doctor's appointment... wow, what a great unintentional lesson and I didn't even have to be mindful! But when my husband and I both pretend not to be home when the cranky relative calls? Not such a great unintended lesson. Maybe we should have been more mindful, huh?

Mindful [parenting](#) makes so much sense. Yet it's exhausting and intimidating and far too anxiety-producing to think about too deeply. I prefer to think about it as: Do what you'd want your own kid to do. You know, the Golden Rule and all that.

I get that as parents, we are always being observed... watched... that our behavior is the blueprint for our kids' future reasoning and actions, whether they are 2, 12 or, I'm told, 22. But I also know that my own parents—like that of most of their 1960s counterparts—were some of the least mindful parents on the planet. And yet the generation to which I belong seems a lot more resilient than the kids of today's hovering (and ultra-mindful) parents, according to recent studies.

Which is not to say that my husband and I can act any old way we want in front of (or even away from) our kids. Just that I also think it's okay (maybe even healthy) for a kid to see that their own parents can screw up, too.

Read more: <http://www.yourtango.com/201170227/teaching-kids-example-better-or-worse/page/2#ixzz30yKw6ztf>

Think Out of the Box This Mother's Day

MAY 5, 2014 – 11:46 AM – 3 COMMENTS By SVERVE [@mysverve](#)

How do you intend on making your mom feel appreciated this Mother's Day? I don't know your mom, but I'm willing to bet she's a pretty special woman who has helped not only to shape you into the person you are today but also get you through some tough times.



In other words, she's a woman that deserves a day devoted to how great she is. If a dinner at her favorite restaurant, spa gift certificate, or bouquet of flowers are your go to gifts, I ask you to take a moment to think outside the box. Why not give this amazing woman something different, something a bit more unique? Why not a homemade Mother's Day gift?

This doesn't need to be said, but moms love their kids. Therefore, anything made by their favorite people are guaranteed to be a favorite. Do the math. She loves you plus you took time from your busy schedule to make her something equals awesome Mother's Day gift. It's pretty simple.

Rather than heading to the store to find a pre-made card that says how you feel, why not give mom a homemade Mother's Day card? Just imagine your mom's face when she realizes you took the time to craft her a one-of-a-kind card straight from the heart. **You do not have to be Martha Stewart, or anywhere in Martha Stewart's league, to create a great card.**

Take a look at these [25 homemade Mother's Day cards](#) to help you find your inspiration. If you simply don't possess an iota of DIY in your genes, try downloading [a free printable Mother's Day card](#); just add a heartfelt note letting your mom know just how much you adore her and you'll be good to go.



You've got the card under control but what about the gift? Again, go with a [homemade Mother's Day gift](#). If you think DIY gifts and crafts are just for kids, it's time to think again. Of course there are plenty of great gift ideas for the younger members of the family to make, but kids of all ages (even grownup kids) can make mom something personal. If you need ideas, check out the instructions for some perfect homemade Mother's Day gifts such as a:

- Finger Print Candle
- Shrinky Dink Homemade Mother's Day Bracelet
- Emergency Kit Clutch
- Vacation Memory Jar

[Mason jar recipes](#) also make phenomenal homemade Mother's Day gifts. Plus, they're easy to make and relatively inexpensive. With Mason jar gifts, you're really only limited by your imagination.



For instance, if you'd love to give mom a day at the spa but simply don't have the bucks in your budget to do so, consider a mani pedi in jar. With this thoughtful homemade Mother's Day gift your mom will have everything she needs to give herself a luxurious manicure and pedicure in the comfort of her own home. To make this gift even sweeter, head over to mom's house and enjoy a day of quality time as you give her a mani, pedi, and a foot massage. If you want to win the Best Kid of the Year award bring some chocolate with you....

Hopefully these homemade Mother's Day gifts inspire you to exercise your creativity and to think outside of the box this Mother's Day. **Remember moms are pretty special people who deserve equally special gifts. Want to explore more Mother's Day gift ideas and DIY inspirations?**

[7 Healthy Mother's day Gift Ideas](#)

[Paper Crafting... As Home Decor?](#)

[Spring Mantelpiece Decor: Painted Mason Jars](#)

Kelli Bhattacharjee, the proprietor of [FreebieFindingMom.com](#), is a former investment professional with nearly ten years of experience. She has a passion for empowering others to make smart money decisions. She also contributes to [savings.com](#). Follow her on [Facebook](#), [Twitter](#), [Google Plus](#), and on her latest obsession, [Pinterest](#).

Kelli is also a Sverve Influencer – connect with her [here](#).

