

Awesome athletes get coaching, why shouldn't awesome parents!! Want to be an awesome parent?

I love you because...

by Lisa McKimm



I often talk to parents about 'memory-making' with their children. I'm missing one of my kids at the moment. Lucy's in the States having a 'Camp America' experience, and having learnt to cope with the initial home sickness for family and boyfriend (not necessarily in that order!) she is now having a wonderful time.

The house is quieter - some would say more peaceful - but really, there is a strange gap where she should be. I sat in her room looking at her favourite framed photos today. I smiled when I noticed that in amongst them on her bedside table was a miniature hand-made notebook that I gave her four Christmases ago. It has a marbled cover, and there are only twenty of its little two centimetre tall pages. It fits snugly inside its own little presentation box for safe-keeping.

When I first saw these beautifully crafted little pieces at a craft market I knew exactly what I wanted them for. I bought one for each of my children, and took my time over the pre-Christmas weeks writing thoughtfully in each of them. Each book began with the words "I Love You Because..." and each page shared a different reflection on their uniqueness. Lucy's book that I found myself holding was crammed with thoughts on her spirit and integrity, her values of justice and generosity, her ability to be a great friend and to create laughter. It makes a note of the Joe Cocker song that is 'our song' because I always sang it to her when she was little, and the fact that she was probably the easiest baby to take care of that the world has ever known!

When she received the book that Christmas, she told me that it was her favourite of all her gifts. I would often walk past her bedroom door and see her lying on her bed reading it. Not only that, her friends all mentioned to me that she had shown it to virtually everyone who crossed the threshold of her bedroom doorway! I was happy that it had brought her so much pleasure. And now, in boomerang style, it was bringing me happiness re-reading it as I thought of her

Giving your kids something that you have written about them is a wonderful way to be a proactive memory-maker. They can read your words of appreciation over and over again.

Each time will build onto the self-belief that they have in themselves, and deepen their connection to you. Those written words will last them their whole life-time.

And one day, maybe their kids will read your words. What a wonderful lasting legacy to leave your children.

My advice for you is this: You don't have to wait for Christmas - why not get started today!

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