

Love the Moment: January 2011

Mon

Tue

Wed

Thu

Fri

Sat

Sun

					1 Take 1 min to look in my child's eye. See all the different colours.	2 Hold hands and jump around the kitchen.
3 Smell flowers.	4 Get down on my child's level and smile for no reason.	5 Put music on and dance for 3 minutes.	6 Kiss my child between their eyes.	7 Hit two spoons together to make a song.	8 Run outside together for no reason.	9 Have a family group hug.
10 Read a favourite book. Snuggle my child on my lap.	11 Listen to the birds for 3 minutes.	12 Kiss my child on the nose and eyelids.	13 Look at the stars.	14 Spin around together.	15 See where the wind touches.	16 Tell my child a story of my childhood.
17 Sit on the floor and watch my child play for 5 minutes.	18 Find a special rock.	19 Go outside, look at the sky, close your eyes and raise hands in the air.	20 Feel the bark of a tree.	21 Take 1 min to feel my child's hair.	22 Pick my child up and just hold him/her.	23 Butterfly kisses. (Flutter eyelids on each other's cheek.)
24 Sit on some stairs and say "I love you".	25 Giggle, for no reason.	26 Breathe deeply together... Just because.	27 Walk in time and kick. One, two, three... kick. Repeat. If baby: hold.	28 Rub noses with my child	29 Peel and cut up an apple and eat it together outside.	30 Put my hands in the air and scream, "WHOO HOO!"
31 Look at the reflection in a window & dream of what could be in there.						