

30 Days of Mom's Care

Anna Oggya

- Ask, "What interesting things will we do this month?"
- Spend the whole day without any reproaches.
- Hug your child three times more.
- Remind yourself, "He's only years old; he's still a child."
- Bake, make or buy your child's favorite food.
- Leave a sweet note.
- Kiss your child while they are sleeping.
- Count how many weeks are left until your child graduates from college.
- Focus on enjoyment.
- Describe yourself at your child's age and remember the feelings.
- Do not criticize your child even once.
- Tell your child, "I'm so glad you're my child."
- Call upon wisdom and common sense.
- Focus on love.
- Remember: being a mother is a gift.
- Create a portrait of your child at 25 years old.
- Laugh together with your child.
- Who is the ideal mother to me?
- What qualities of hers can I follow?
- Teach your child to do something independently.
- Focus on calmness.
- Forgive yourself for any mistakes.
- How would I like to be remembered by my child? Be that person today.
- Replace sarcasm with kindness.
- Do not interrupt your child when they speak.
- Ask for your child's opinion.
- Encourage your child to do something special.
- Do something beneficial for yourself: take a walk, eat a fruit, and get enough sleep.
- Teach your child a new word.
- Turn off the phone, TV, and computer while communicating.
- Be firm but not harsh.