

Relax

Enjoy life a little more.

Even if you have little kids.

Decide to be counter to the culture. Your neighbors may wonder at your new smile and the time you have to spend doing things you want to do with and without your kids. Your influence on others may be more than you think. Don't be surprised if they want what you have.

Why don't they have the time? Because they spend the days dropping off and picking up and participating in activities they thought or were told would be important to their children. Well, they're wrong. Being busy for the sake of being busy is dangerous. Leave wide margins in your days. You don't have to join and do everything to be a good mom or dad. Relax. Refuse to bow to peer pressure.

Just as no adult looks back on life and thinks he or she should have spent more time at work, no child looks back at childhood and thinks he or she should have spent more time at the baseball park or soccer field. They just want you. They may think that playing sports is a way to be with you and you may think playing sports is a way to be with them.

Well, you're wrong.

Eat meals together, take walks, wrestle in the floor, catch lightning bugs, look at the stars. What a novel idea.

Try this. TRUST.



A little amusement is good—
“**Humankind cannot bear very much reality.**”

—T.S. Eliot

Too much amusement can be bad.

“**I can't get no satisfaction.**”

—The Rolling Stones

If you think you can get beyond boring old regular life by doing more, going more, buying more, think on this:

“You can walk on the moon if you like, but there's nothing to do there, except look at the Earth. And when you've seen one Earth...”

***Dr. Lewis Thomas
Harvard Review***