

Hi _____ (8-8)

Do you like this drawing I did for you:

These are 3 reasons why I love you SO much!

You give me hugs, you make me feel special, you encourage me, you make me feel happy, I love hearing your voice, you are my favorite person in the world. Talk about their special qualities.

1

2

3

I'm sorry - will you accept my apology?



Sometimes as parents we have to tackle the 'elephant in the room' & for us it's a fact that we made a mistake or maybe a 'whole-pile' of mistakes that has led us to be separated from our children. The thing is we need to be open & talk about our failings with our kids. One of the key reasons for this is that our kids often blame themselves for 'everything' that went wrong. So, to avoid this, make sure that you take the time to share your story with your child & make it clear to your child that none of what has happened is their fault. Reassure your kids that you love them & that you are still there for them. My son was a teen when I went inside & through the years that I was inside we shared many 'age-appropriate' conversations. Being a good parent means that we need to **own** our mistakes. By simply starting a conversation with saying 'I'm sorry' can start both you & your, child on the way to healing - from Darly

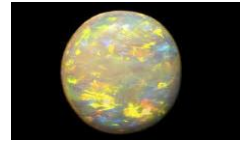
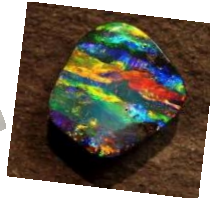


Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.

Maya Angelou

Herbalprolife





From Darly, to you & your family:

Many years ago I was given a gift
in the form of a suggestion.
This gift helped me to change my perception
of the world I lived in

I was suffering from a deep depression
My days seemed an endless
Hell

I could barely breath
Everything in my world was literally black.

This was the gift:

IMAGINE a leather pouch...just
like an old marble bag

Know its touch, know its smell Can you see it?
Now - keep it safely in your head, because it's only for you
You're task is to fill it with Gems.

Everyday single day - Collect your Gems

If you see a pretty flower that catches your eye...
Capture the moment by assigning that flower a bright Gem &
put that Gem into your leather bag for safe-keeping.

Always be looking out for Gems

If someone smiles at you unexpectedly - it's a Gem
If you see a cloud with a pleasing shape - it's a Gem
If you feel an unexpected feeling of peace - it's a Gem
If you find a good book to read - it's a Gem

If you get to eat today - that's a Gem to.

When anything nice happens - no matter how small it is
- *claim it*

Everyday you'll come across un-expected Gems
in the most un-expected places
& just before you surrender to sleep each night

Take out your leather bag

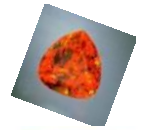
Feel it's comforting weight in your hand

One by one, take each Gem out &
re-experience the delight

that belongs to each Gem memory &



Live Strong Opal

From Darly



Have you ever played the game called 'Simon Says?' - This game is the same, except we'll call ...Simon Draws.

There is a picture that mum or dad can copy & another for you to copy - have fun!

Simon says...Can you draw this?	You're Drawing	Mum or Dads Drawing
<p data-bbox="94 338 191 365">An eagle</p> 		
<p data-bbox="94 821 240 848">A rugby player</p> 		
<p data-bbox="94 1377 147 1404">A cat</p> 