

**Four Daily Actions to Bring Peace & Connection Back to Your Life**

1) Give an undistracted goodbye: The day I realized my family’s loving goodbyes were getting lost in the morning rush was painful, but I knew I had the power to bring them back. My daughter made a sign for the door that said: “XOXO Before You Go.” Those 10 seconds have become the most important minutes of our day, even as my children grow. Before you part ways each day, hold your loved ones for at least ten seconds. Hug them tightly. Inhale their scents. Tell them you love them no matter what happened in the frustrating or hurried minutes before that goodbye.

2) Greet with a “Sun Delay”: When you greet someone with happiness, excitement, interest, and love, the message you are sending is: You are loved. A few years ago, I decided that showing my family I was happy to see them was very important to me. I made a vow to let go of my distractions long enough to cause a “Sun Delay” which means: No matter what I am in the middle of doing ... no matter how inconvenient it is to look up ... no matter how 'busy' I think I am, when my loved ones walk into the room or return after a separation, the world is going to stop for a moment so I can shine love into their eyes and hearts. Today let your loved ones see AND feel how much you love them when you are united.

3) Establish a protected daily ritual that is free from distraction: Cherishing every moment in life is simply not possible. There are jobs to do, bills to pay, deadlines to meet, and obligations to fulfill. But there are moments in between life’s obligations when we are in the presence of our loved ones that can be made sacred. Meals at the kitchen table, caring for pets, walks around the block, morning snuggles, afterschool chats, and nightly tuck ins are daily rituals that all hold the potential to be all there—no distractions, no interruptions, just love. In those sacred five to ten minutes of being “all there,” we can truly see and hear each other. And being seen and heard is the most powerful form of love.

4) Be kind to yourself: My inner bully was once a destructive distraction that prevented me from living fully and loving myself and others freely. I was able to silence the negative inner dialogue with three words: ONLY LOVE TODAY. Whenever a critical thought would come to mind or my mouth, I cut it off with “Only Love Today.” Sometimes I said it 1,000 times a day, but it worked. I was able to begin loving myself “as is” ... not when I fit into a certain clothing size ... not when I accomplished this or that ... not when I finally get my life straightened out. ONLY LOVE TODAY means loving yourself right where you are now and offering that same unconditional love the ones who share your life.

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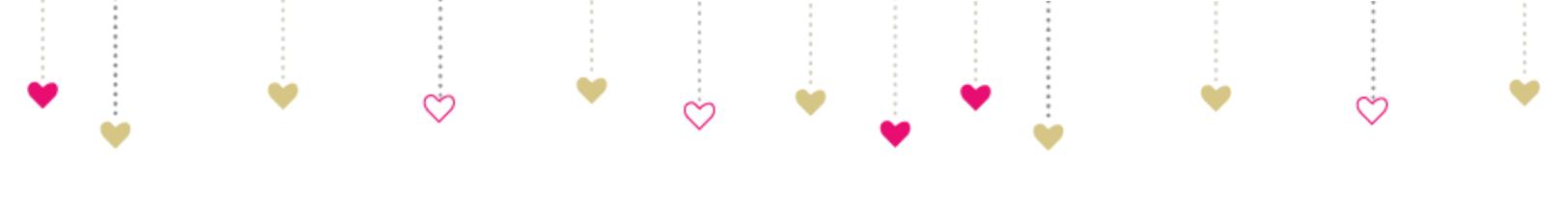
**Capital Area Interagency  
Coalition 2016 Foster/Adopt**

**PRIDE Training Schedule**

**December Meeting Location:**  
**St. Vincent’s Catholic Charities**  
2800 West Willow Street  
Lansing, MI

RSVP to your CFC licensing worker to register for these training sessions

Session	Date	Time
3	Thursday December 1, 2016	6pm – 9pm
4	Tuesday December 13, 2016	6pm – 9pm
6	Thursday December 15, 2016	6pm – 9pm



## You Can Help Babies Sleep Safely

1. Baby should sleep alone in a crib, portable crib or bassinet.
2. Always put baby on back to sleep even when he/she can roll over.
3. No pillows, blankets, comforters, stuffed animals or other soft things should be in the sleep area.
4. Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
5. Don't allow anyone to smoke around the baby.
6. Don't overheat the baby. Dress the baby in as much or as little clothing as you are wearing.
7. Use a firm mattress with a tightly fitted sheet.
8. Place baby in the same sleep position every time.

Please share this information with all family, friends, and other child care providers who may care for your baby to ensure they follow the safe sleep steps. Read more easy tips here: online at [www.michigan.gov/safesleep](http://www.michigan.gov/safesleep).

SAVE THE DATE for our  
upcoming children's Christmas party at  
the People's Church on **December 12,**  
2016 from 5:30-7:30pm

*Early On Michigan* offers early intervention services for infants and toddlers, birth to three years of age, with developmental delay(s) and/or disabilities, and their families. Research has shown that by addressing delays early on - especially between birth and age 3 - we can more effectively impact a child's development, even into adulthood. If you think your infant or toddler may have a developmental delay, contact *Early On* at 1-800-Early-On or complete the online [referral form](#). Unsure if your child has a developmental delay or disability? [Learn more here](#).

IT IS CRUCIAL THAT WHEN  
OUR CHILDREN LOOK INTO OUR EYES,  
REGARDLESS  
OF  
THE CIRCUMSTANCES  
BEARING DOWN ON THEM,  
WHAT THEY SEE  
IS SOMEBODY THAT BELIEVES IN THEM.

•••  
*#Lovingourkidsonpurpose*

### New Foster Parent Orientation:

Do you know someone who might be interested in learning more about becoming a foster parent? Orientations are held every other Monday from 6:00-8:00pm at CFC. The next dates of orientation are **Jan 9 & 23**. Contact Linda Rathbun at 517-882-4000 ext. 140 to RSVP.

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### Support Groups for You:

Foster Parent Support Group – 1<sup>st</sup> Thurs 6-8pm (free training credits!) RSVP to [sue@childandfamily.org](mailto:sue@childandfamily.org) or at ext. 141

Adoptive Parent Support Group – 4<sup>th</sup> Monday 6:30-8:30 (RSVP to [koreywheeler@childandfamily.org](mailto:koreywheeler@childandfamily.org) ext. 133)