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**Subject:** The World Through Pink Plastic Sunglasses - Buoyant Life Newsletter  
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August 2007



## News from Buoyant Life

**Dear Lauren,**

This summer has gone by in a flash! The outdoor pools are closing, school is starting, and though the weather apparently didn't get the memo, the days of summer are waning.

Autumn is the perfect time to take stock of where you are and where you want to be. With new beginnings and routines starting all around you, it's a great opportunity to start something new, let go of something that no longer fits, or refocus yourself on your goals. This might mean committing to finding a better work/life balance, setting a goal to get a stellar performance review at work, learning a new skill or hobby, or deciding to get yourself "unstuck" from a situation that doesn't serve or excite you anymore. Whatever you decide to do for yourself and your family this fall, I applaud your new beginnings!

**I still have a few spaces available in the Parenting with Intention workshop.** This 2-hour event helps proactive parents reconnect with the values they wish to model in their parenting, and focus on simple, everyday actions to support those values. For details, see the [Events](#) page. Please tell your friends!

Please check out the new [Resources](#) page on my website, which contains my newsletter archive, articles and helpful links.

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. At the bottom of this page is a convenient [Forward Email](#) link.

Issue: 8



### In This Issue

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### Blog Log



Recent topics on my blog include:

- A Reminder to Embrace Life
- In the Flow

[Read on here...](#)

**Karma Corner**

Wishing you success, balance and freedom every day!

Sincerely,  
Lauren

## The World Through Pink Plastic Sunglasses

Everyone keeps telling me how quickly the baby and toddler years go past. "It goes by in a flash." "I miss that age -- they grow so fast!" "Enjoy it - they'll be grown before you know it."

But when you're in the middle of the "terrible twos," sometimes it doesn't seem to be going very quickly. But when nearly everyone who has kids over the age of 5 tells me the same thing, I tend to believe it. Apparently, in about three years, I will be saying the same thing to new parents.

I do want to savor these moments. Every age with kids has its challenges, but also its beauties.

- When my daughter was an infant, there were the sleepless nights, yes, but I found myself at 3:00am, sitting in her room with a newly slumbering baby in my arms, not wanting to put her down and go back to my own bed because I didn't want that precious moment to end.
- Once we spent 20 minutes on the kitchen floor, blowing a piece of lint across the room with our breath, giggling the whole time. (Probably when I "should" have been sweeping!)
- Now that she's two, my daughter can occasionally be "terrible," but she's also discovering her sense of humor and inviting me to take part in games she makes up. One involves both of us lying on the floor in the hallway, looking up at the ceiling at the smoke detector, and letting the anticipation build until the *blink!* of the tiny LED brings excited squeals.

These moments are true gifts to us from our children. They remind us suddenly of ourselves at their age. We can reconnect for a moment to what it is like to be a child: wondrous, excited for life, few worries in the world. Some people would be willing to pay big money for that feeling, and we get to tap into it for free!

Here are a few tips for seeing the world through a child's eyes again, even if only for a few minutes each day:

1. **Be present:** Take a moment to pause each day and appreciate who your child is and what they're learning and accomplishing at this stage. And what you're learning and

Monthly featured business

Classes and weekly discussions on children's development through age 3

[Positive Parenting](#) - education, information and support for new moms

### Quick Links

[Free Sample Session](#)

[Upcoming Events](#)

[Buoyant Life Homepage](#)

### Coaching Question

What one thing can you add, remove, or change in your routine to make your life more of what you want it to be?

accomplishing too.

2. **Let go of the "shoulds":** Give yourself permission, if only for 5 minutes, to let the laundry sit on the bed or the email to go unread and do exactly what your child wants you to. You might be surprised at how much you enjoy it!
3. **Get silly:** How often do we get to do this with adults or at work? Live it up! Find out how many ways you can make your child laugh today.
4. **Let your imagination soar:** Stretch your imagination, and your child's too. Create a story or play make-believe. You never know, you might find out you're the next J.K. Rowlings!
5. **Get down on their level:** See what they see. The world looks different from down here. Sometimes it looks a lot better, even if it is through smudged plastic sunglasses!

The five minutes you spend doing this will not only be a gift to your child, but a gift to yourself.

Enjoy looking at life through pink plastic sunglasses! Vive la vie en (petite) rose!

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

## Events

### **Parenting with Intention Workshop - August 18**

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals. [Find out more...](#)

### **Remodeling Mom Workshop - next offered September 2007**

Moms, let the "real you" shine by exploring your life as a remodeling project: do you need to restore, refresh, demolish or add on? Join other motivated and interesting women in this fun 5-step workshop.

**Special Offer:** [Bring a Friend to an event and save!](#) [Find out more...](#)

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