

# THE AMAZING CHILD NEWSLETTER

JULY 2021

## GREETINGS!

*Welcome back once again to the place where motherhood is defined in a normal natural way. We do not have to be the best when it comes to being a mother. Do not burn out trying to be the best, believe that you are perfect the way you are.*

*You have been assuming too much; blaming yourself for every mistake of your child, every mishap and all that did not go well. Here's to all the mothers who are paranoid through the mothering experience –*

*"Love requires attention  
give it first to yourself  
bloom first within  
believe first that you are special!"*



*We grow out in size but the need of being cared and loved never outgrows. Stop ignoring the most beautiful requirement of motherhood. If its not available around you, find it for yourself.*



*Hope you learnt and practiced the rules shared earlier. They have worked out for me and I'm sure they will for you too.*

## **RULE 3: Take Care of Yourself!**



*Your health matters before anything else. Often times, we feel we are fit and healthy but in our chaotic routine we overlook the excessive hot flushes, panting, mood swings that grab us from time to time. Health does not mean how frequent you are avoiding visits to the doctor; moods are a clear indicator of our inner well-being. If you're having bouts of crankiness, sadness, lashing out on kids unlike before, there is something lacking attention.*

*You need to take a break and figure out what is causing mood fluctuations. You might be eating healthy, look vibrant and pretty but your brain is not finding joy in things that made you happier*

*before. There could be varied reasons; not meeting people and friends, quitting hobbies that gave you pleasure or maybe just personal time.*

*Start off by taking out some time for yourself even if it is fifteen minutes daily. You can retire to a quiet corner, breathe fresh air on your terrace, go out for a walk, or dress up nicely. Giving time to yourself is an important ingredient to cook a good day. Exercise to tone your body is a great way of achieving physical and emotional well-being.*

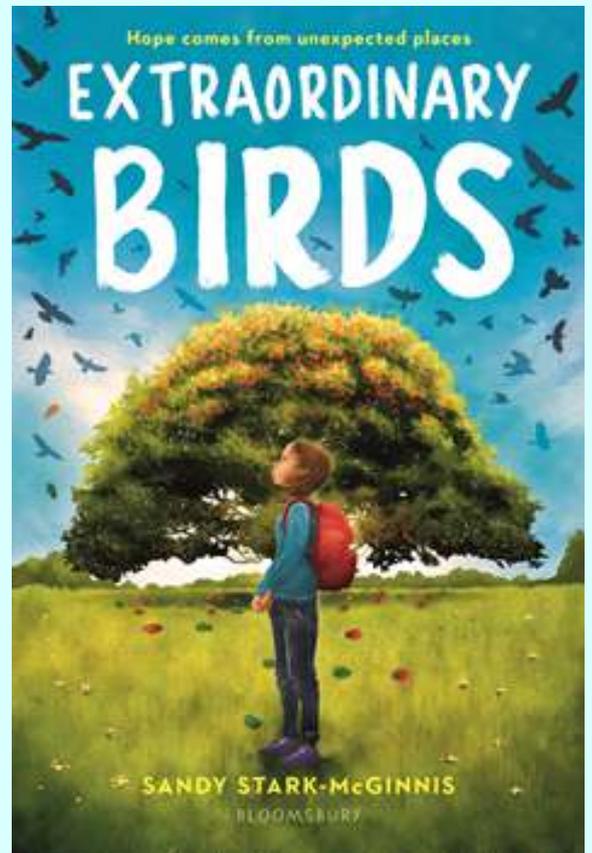
*Remember, the quickest way to teach your child is to show by doing it yourself. If you are happy, you will raise a happy child.*

## Book Recommendations

I recently read EXTRAORDINARY BIRDS by Sandy Stark McGinnis. It's a coming-of-age story of growth and wisdom about a girl growing up in foster homes experiencing curiosity, resilience and kindness. It carries elements of birds in a unique descriptive style - birds are my favourite too. They are vibrant, free and harmless - these are elements appealing positively to human nature. The story talks about trust, an indispensable trait we need to teach our children.

Books for children are a good past time for the reason they teach life lessons in a subtle absorbing way. They also create a pacifying space where you can shove off your stress and exhaustion.

When I read, I try to relate to the lessons being conveyed through the text. Extraordinary Birds teaches all about living, growing, learning and embracing changes in an extraordinary way. There's a lot of symbolism in the book reflecting experiences we have in life; the scar on December's back, the odious experience of foster homes, colours, interactions, challenges and growth.



## The Amazing Child Merchandise

We are excited to launch our first merchandise

### 'Motherhood T-Shirts'

We are giving away first 5 to our **Happy Mothers.**  
To receive your free T-Shirt or pre order, write to us at [info@theamazingchild.com](mailto:info@theamazingchild.com)



**Feel loved, acknowledged and pampered**

All shirts get a free copy of the book  
'Butterflies in a Net:  
A Guidebook to Early Childhood Education.'



## DID YOU KNOW?



What does  
The Amazing Child  
logo reflect?

**Freedom**

**Energy**

**Excitement**

## Writing Skills and Your Child

Mothers expect their child to write beautifully and to build a large audience that will praise the child. Our expectations must spring out for the child's happiness rather for what others want. To write well you just need to give your child a paper and pencil. Ask your child to write and keep on writing. There is so much to put on paper if we think freely; from tantrums and work load, assignments and play times, food that we like and food that mom forces us to eat to outings and hobbies and even the bird that calls out on my window every morning.

Do not restrict your child to ideas, allow your child to think freely and write what comes to mind. The best written piece is the one that flows from within. You can help your child with the editing later. Early years must only focus on developing the art of writing freely and not writing for acceptance and judgment by others.

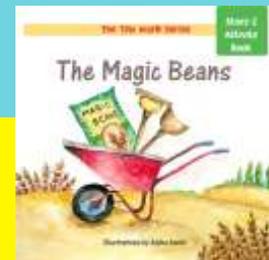
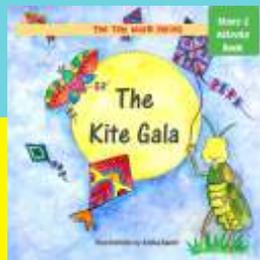
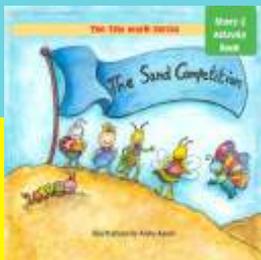


## Let Us Fix!

For assessment and proof read  
of your child's Writings.

Write to us at

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