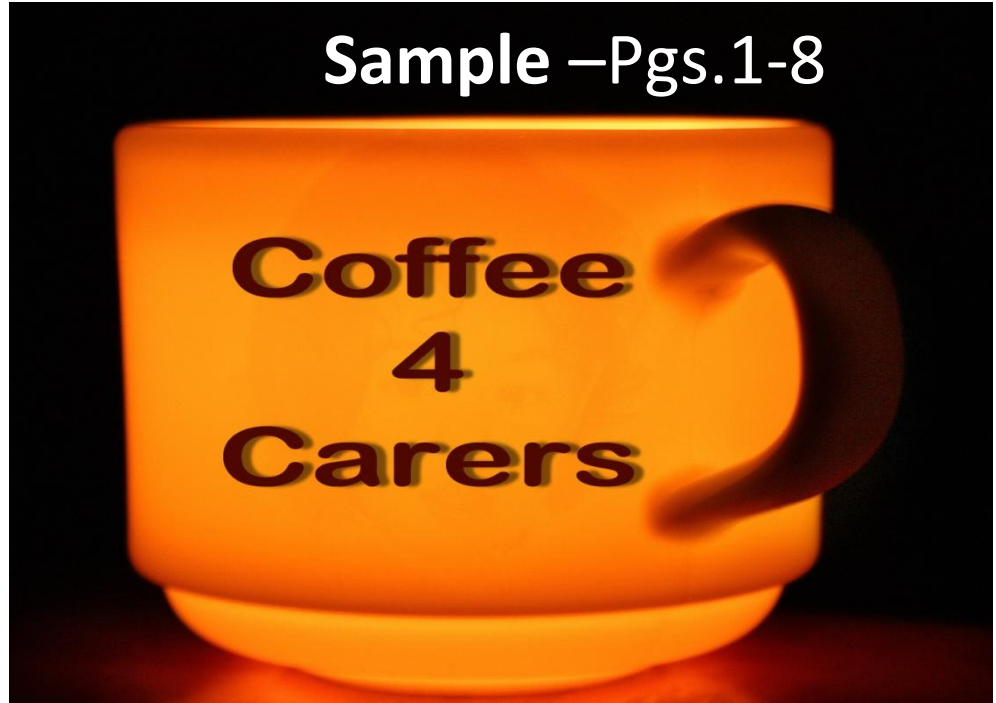


**Children** are God's solution to this world's problems—if **responded** to in the way He intended us to.

By letting a child **change** your focus, and **attention**, and bring **love** into your life, you will begin activating the **solution** God intended for that little one to be for you.

—CO

**Sample –Pgs.1-8**



*By Chariane Zuille*

## *To My Fellow Warriors of the Bravest Kind—Parents and Caregivers,*

When you get a second in your busy life of caring for your darling little ones, and you feel you need something to give you a “pick-me-up”, let me offer you a cup of “Coffee 4 Carers.”



This is in no way a polished book. I’m a mother of three lively and wonderful boys—I don’t have time to get each comma right, and I probably misspelled or missed a few words here and there. But chances are that if you are as occupied and focused on the care of your children as I am, I trust you will be able to over look the flaws and enjoy what is written.

You are doing the most difficult, yet most important, job in the world. If it weren’t for mothers, fathers, and caretakers of children, nothing else would be necessary. Raising the future generation and bringing life to this world—and doing a hearty job of it—is the duty that will yield the highest dividends with the farthest reaching results.

This book contains some courage-lifting thoughts I had along the way through the struggles and joys of caring for my little ones in 2010-2012. Enjoy!

*Chariane*

[When I get to Heaven, I will be saying Yeah! Yeah! Yeah! Not because it's so beautiful, but because all the questions that I know that you don't know, and nobody else knows, will get answered.]

- 4 YRS

## Olympics for Mothers (& Fathers)

**Location:** Wherever you are

**Date:** Today (and tomorrow, and the next day, and the next...)

### Medals given for:

--Who can smile the most, even when in the most patience-trying or stressful situation?

--Who can bravely put aside, yet again, that bit of fun, book to read, friend to chat with, dream to be realized, while letting the greater needs of a youngster be fulfilled?

--Who can encourage, compliment, praise, notice and say the good, first and far more than correcting or pointing out flaws in the children or others?

--Who can mind the feelings of a child or someone else more than their own embarrassment or feelings in front of others?



--Who can put loving reactions, deeds and words above "getting things done," having the house in perfect shape, doing what you had planned, or appearing "together & on top of things" to other parents?

--Who can forgo something you have convinced yourself that you really need in order to maintain "sanity", if or when it just doesn't work out, and make things great for a child else instead?

*There are so many heroic, great things parents and caretakers hung up, the walls wouldn't have space for pictures!*

\*\*\*

Then there are the totally "unsung" daily giving and helping tasks that really should be in the Guinness book of records! As they've done more for furthering the human race than just about anything else listed in there:

"Most pieces of laundry washed & put away"

"Most times breast-fed a baby"

"Most patience-trying situation taken gracefully & calmly"

Jesus called a  
little child unto  
him, and set  
him in the  
midst of them.  
And whoso  
shall receive one  
such little child  
in my name  
receiveth me.

Matthew 18:2,5

“Most times been asked ‘why’ and answered courteously and informatively”

“Most dishes washed”

“Most prayers prayed”

“Longest time stayed awake caring for sick children or colicky babies”

“Most meals cooked”

“Most little girl’s hair brushed and fixed”

“Most potties emptied”

“Most diapers changed”

“Longest time gone without your own basic needs met—while needing to tirelessly give your time to care for others”

..The list could go on and on... as do the parents and caregivers in their daily giving. And medals will be given out, of the most meaningful, rewarding kind, in the best way, at the right time, to each one for the daily acts of loving and caring for God little

creations. He'll see to it! With wonder we'll discover how nothing has gone unnoticed by Him.

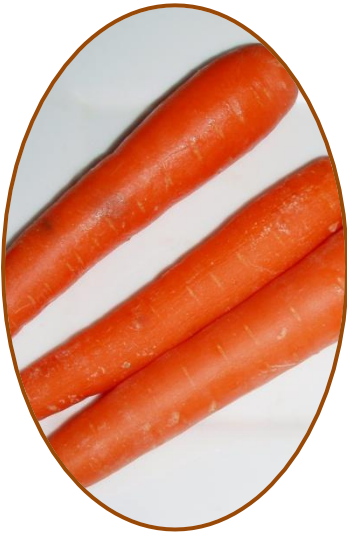
### **Concert with a Carrot**

There's those times when words fail—you either laugh or cry, or both. But to “let it all out” in a way that not only amuses, but benefits those around, now that's a challenge and test of control and creativity.

The beds—all of them—had been wet on in the night. Finally, I got around to changing the bedding and hanging out the blankets, sheets, covers and all (being the coldest month of winter).

Feeling like we were getting on top of things I go out of the room for a minute to work on breakfast, leaving my husband with the three boys. I come back in, and well, I felt beyond words. My young son had a large drinking water bottle (that had been full) and was pouring the entire thing over the now bare mattress!

A little later on in the day: What?! My 4 year old decided to play dress up or just was in a silly mood. He managed to climb up, take the



drying bedding off the line and strut around the muddy yard with it, like a cape on a king.

This talent for creativity, ingenuity, and putting their mind to a difficult task and seeing it to completion, will benefit them greatly in their adult life. For now, it can be a challenge to see the positive in the various ways it's expressed!



“Mummy, Mummy! I drew a veery beauuutiful picture. When you see it you are going to say, ‘That’s so beautiful!’” I sensed my then 2 year old son trying to put the words into my mouth, bracing me for what I was to see.

A wall mural! ...Uh.. numerous wall murals! (Thankfully this time he’d chosen to use sidewalk chalk—rather than the whiteboard marker or crayons.) We had a family activity then, washing a wall in every room in the house that had been decorated!

So on a day like these, topped with the growing pile of dishes to wash, the living room covered in toys & laundry to fold, the dirty clothes dominating the laundry room, every floor in the house crying

**[Smiling helps  
bring the love  
back to me. Did  
you know that  
smiling is fun for  
me? I try to  
make the best  
smile!]**

**-3 YRS**

out for cleaning, a proper dinner waiting to be cooked, and a baby with constant needs...

I had reached “pick up a carrot and sing” stage. The kids loved it. It took away the building stress & frustration. I stood on a chair and gave them a show. We had a good laugh.

That single carrot was a microphone, an electric guitar, a violin (with an added spoon), a drum stick on a container. I sang opera, rock, melodically, wildly, softly, changing style and instrument demonstrating with each phrase of the song.

And it was the words of the song I was singing that brought the relief, “One day at a time...” With it then ringing in our head, we kept bravely facing the challenges, and learning to love the ride of life.

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