

Enjoy Your Kids

Written by Megan Headley

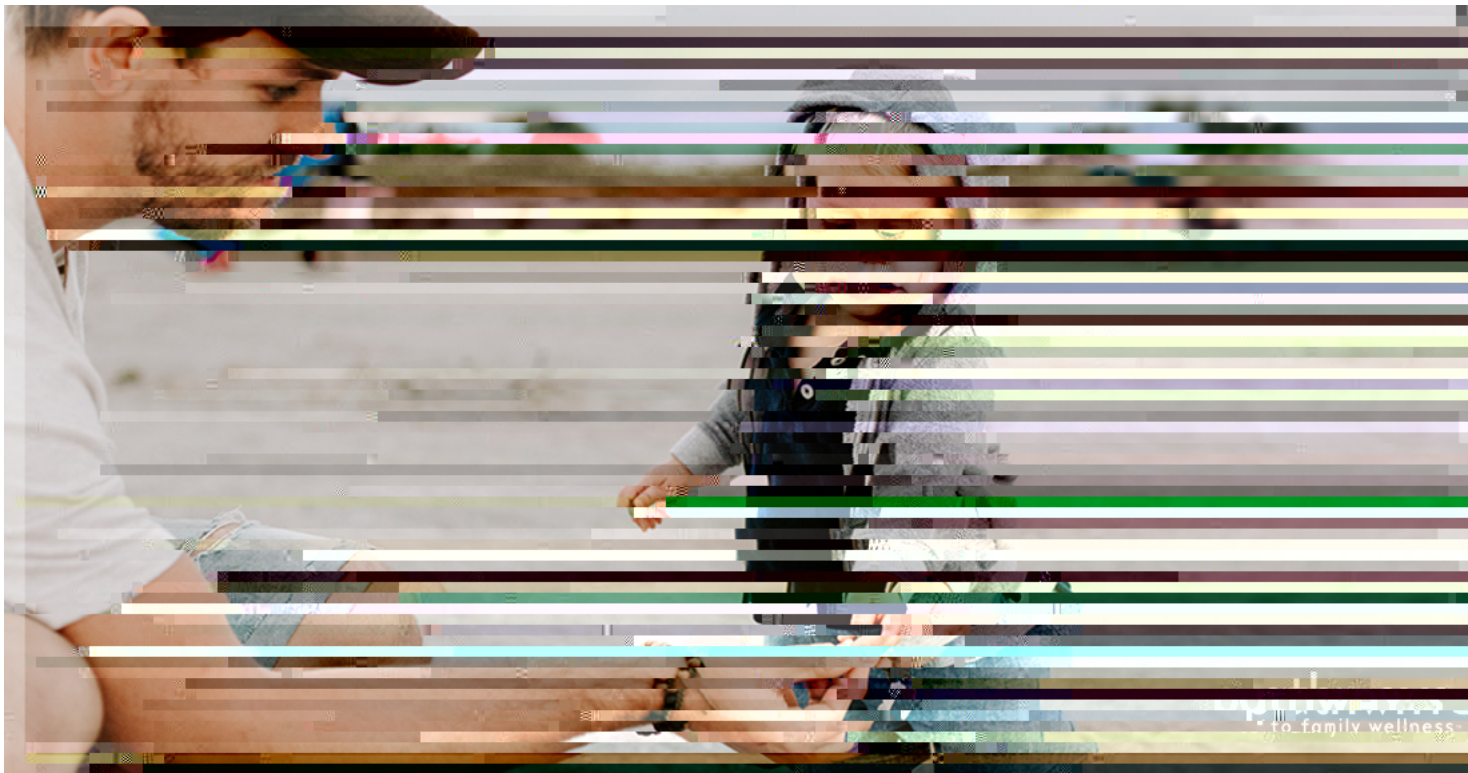
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Being present as a parent can make both the fun times and the struggles something to savor.

Have you ever noticed how pregnant women and parents with little kids seem to naturally attract all kinds of unsolicited advice? When I was pregnant, so many people told me, Try to enjoy your child. I'll be amazed at how quickly the time goes.

What, exactly, does that even mean?

I wondered for a bit but ultimately, like so much other unsought wisdom sent my way in those long months of pregnancy, I cast it aside.



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securely in our memory banks. By planning this contemplation period each evening, during the

