

Rockstar Mom

7 Ways To Be The Greatest Mom Ever!

Add these accessories to your parenting arsenal and consider yourself a successful Rockstar Mom. Successful parenting with self- confident children leaves all Moms feeling Happy and Fulfilled!!



Your Family & Kids Have



1

A Good Diet - Energy - Social Skills

Your kids get a balanced diet which means lots of energy. Rock it with life, joy and comfort and learn social skills. Especially when we eat together. Unbalanced diets lead to poor learning!

2

Good housing - good sleep - Great learning skills

My mother always said "Thank God for a bed"!! Sleep is when we renew all those cells for hearing, feeling and learning. Make sure your house is an awesome home for all.

3

Security - Lack of worry - Emotional skills

Paying bills on time is one way to security. There is much more. Knowing you are there can be more important for the development of emotional skills in your child(ren).

4

Care about Health - Less sickness - lots of learning

Being sick is such a drag. Watch out for the signs that something is wrong. And that means both physically and emotionally. Spending time with our kids and family is so key.

5

Some time to play - Experiment - physical skills

Play is work and play is learning. Play is NOT wasting time. So we can schedule screen time, game time, get up and go time, running around aimlessly time. It's all learning social and emotional skills while tuning the muscles and the brains!

6

Living with no abuse- great self expression -Emotional growth

Verbal abuse, physical abuse, emotional abuse, NO abuse is allowed. Abuse destroys the soul and the spirit. No-one grows where there is abuse. Let's all feel like human beings in God's world!

7

Show and share love - feel happy- Emotional skills

We have to start showing love somewhere. Where better than rocking it at home. Then like the great commandment teaches, we all learn to show love in so many ways for others and ourselves.