For You, Little One

Kindness, Courage, Wonder and Everything in Between

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Dedication

To my little baby boy,
who inspired these thoughts in me as a mother.

This book began with a mother's thoughts—little reflections on the values, qualities and lessons I hope my son carries with him as he grows.

In writing for him, I found myself thinking about the person I hope he becomes, and more importantly, the kind of person I hope he always feels free to be.

Acknowledgements

My deepest gratitude goes to my mother and mother-in-law. Their love, support and unwavering presence made motherhood feel possible. While they cared for everything around me, they gave me something equally precious—the time and headspace to sit, think, write and bring these scattered thoughts together into a book.

My husband, who was my pillar of strength throughout my pregnancy & postpartum.

And to every parent who reads these words to a little one; I hope they become more than verses on a page. I hope they become little conversations, gentle reminders and values that stay with your child long after the book is closed.


A pretty face and
a six-foot height,
Rosy lips and
big blue eyes,
Spotless skin and
silky hair,
A sharp chiselled jaw and
cheeks so fair,
These are lovely,
that is true,
But they are not what
make you, *you.*





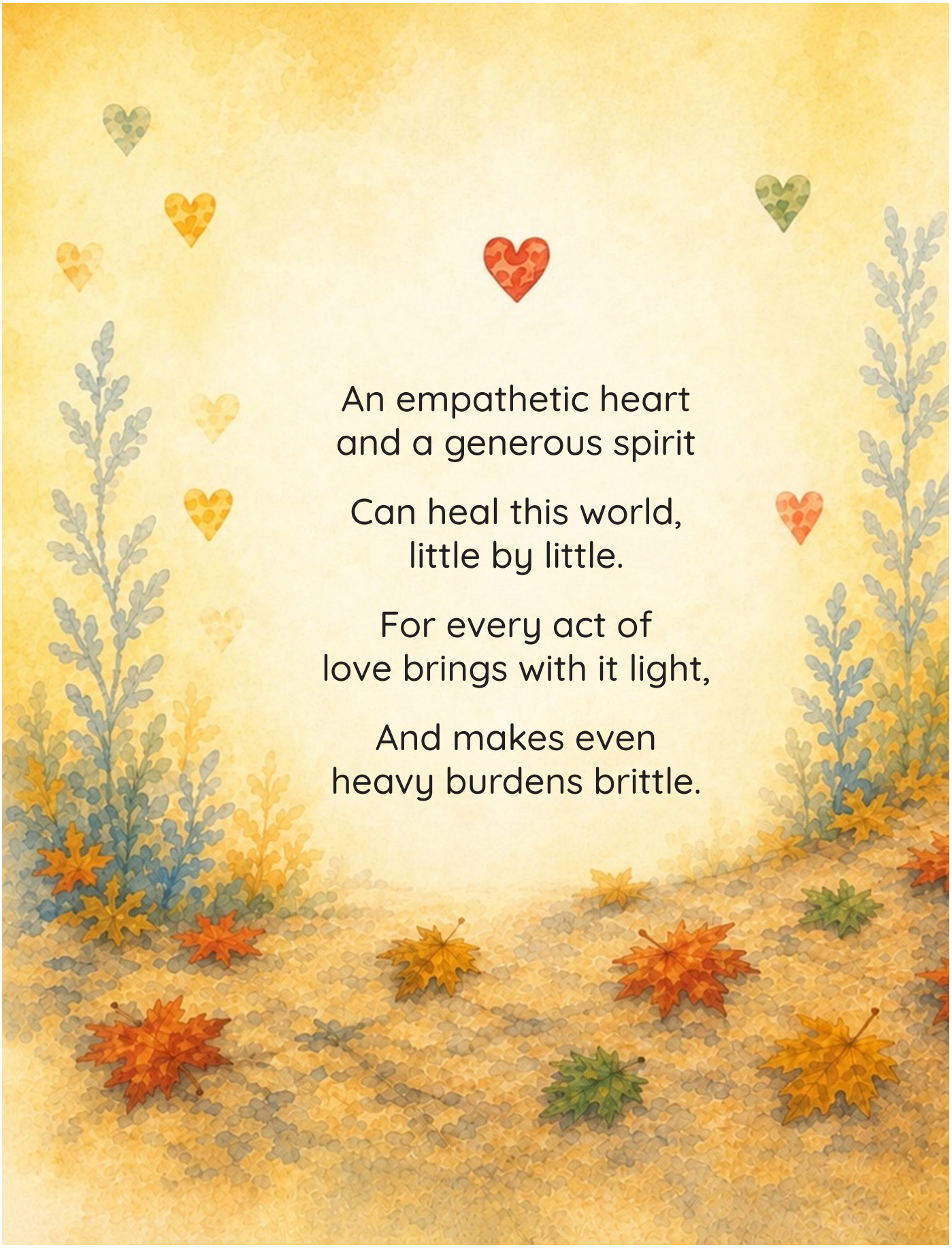
A sharp mind and
a heart so kind,

A patient soul and
intentions right,

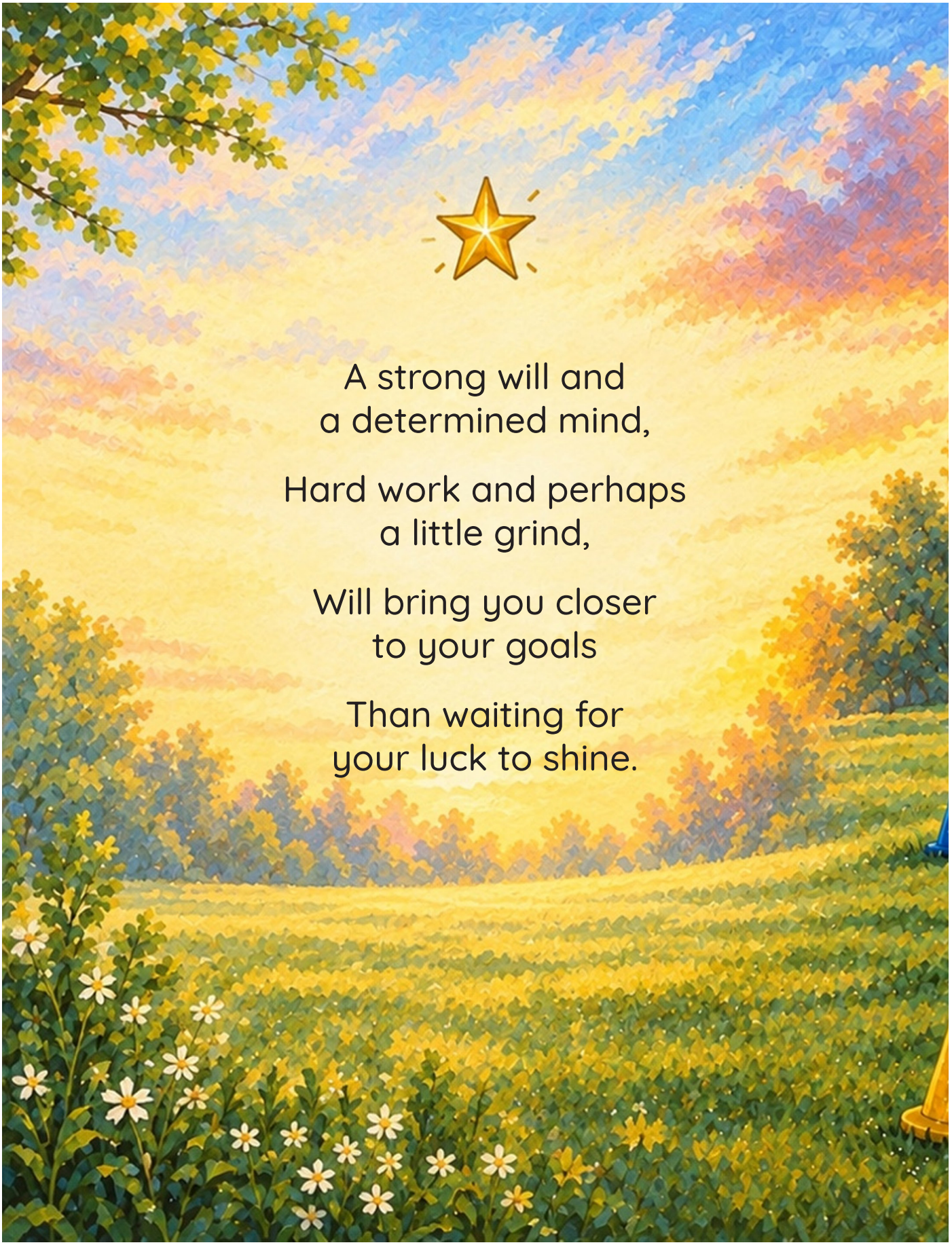
These will take
you farther still

Than any dream
that’s yet in sight.




An empathetic heart
and a generous spirit
Can heal this world,
little by little.
For every act of
love brings with it light,
And makes even
heavy burdens brittle.




A strong will and
a determined mind,
Hard work and perhaps
a little grind,
Will bring you closer
to your goals
Than waiting for
your luck to shine.


7



A curious mind and
a childlike heart

Are what will keep
your soul alive,

For there is so much
love to give and receive,

And endless wonder left to find.




Dream as high as
the endless sky,
Think as deep as
the big blue sea,
Let not fear set
limits for you,
You'll find your best
self—unbound and free.





Laugh and cry,
jump with glee,

Be happy, sad or
wonderfully silly,

However messy your
feelings may be,

Let them run
wild and free.





Every phase of life
is meant to be cherished,

Whether blessed with
sunshine or rain,

Find the beauty even
in difficult days,

For flowers bloom
through both, joy and pain.




For perfection is not
in flawless skin,
Nor in features painted fair,
It’s in the goodness
that you carry within,
And the love you’re
willing to share.
FLOUR


Kindness is the best ingredient
Baked with Love



Dear little one and parent,

The most meaningful lessons are often found in the smallest moments of our everyday lives. A kind word, a brave choice, a curious question, or a moment of patience can help us become the people we wish to be.

This little workspace is an invitation to explore the values in this poem together, through simple questions, little actions, and everyday experiences. There are no perfect answers here, only opportunities to learn, reflect, and grow—one little moment at a time.



How are you feeling today?

You can always feel safe to share your feelings with a loved one



Happy

Calm

Sad

Loved

Angry

Frustrated

Scared

Lonely

Excited

Shy

Confused

Proud

My Little Jar of Gratitude

It's the little things that make life beautiful



- Who made you smile today?
- Who are the people who make you happy?

Kindness

Small acts can make a big difference



Did you help someone today and how ?

My Curious Little Mind

There is always something new to discover.



Is there something you would like to know more about?

Little Steps, Big Growth

You don't have to get everything right in the first attempt.

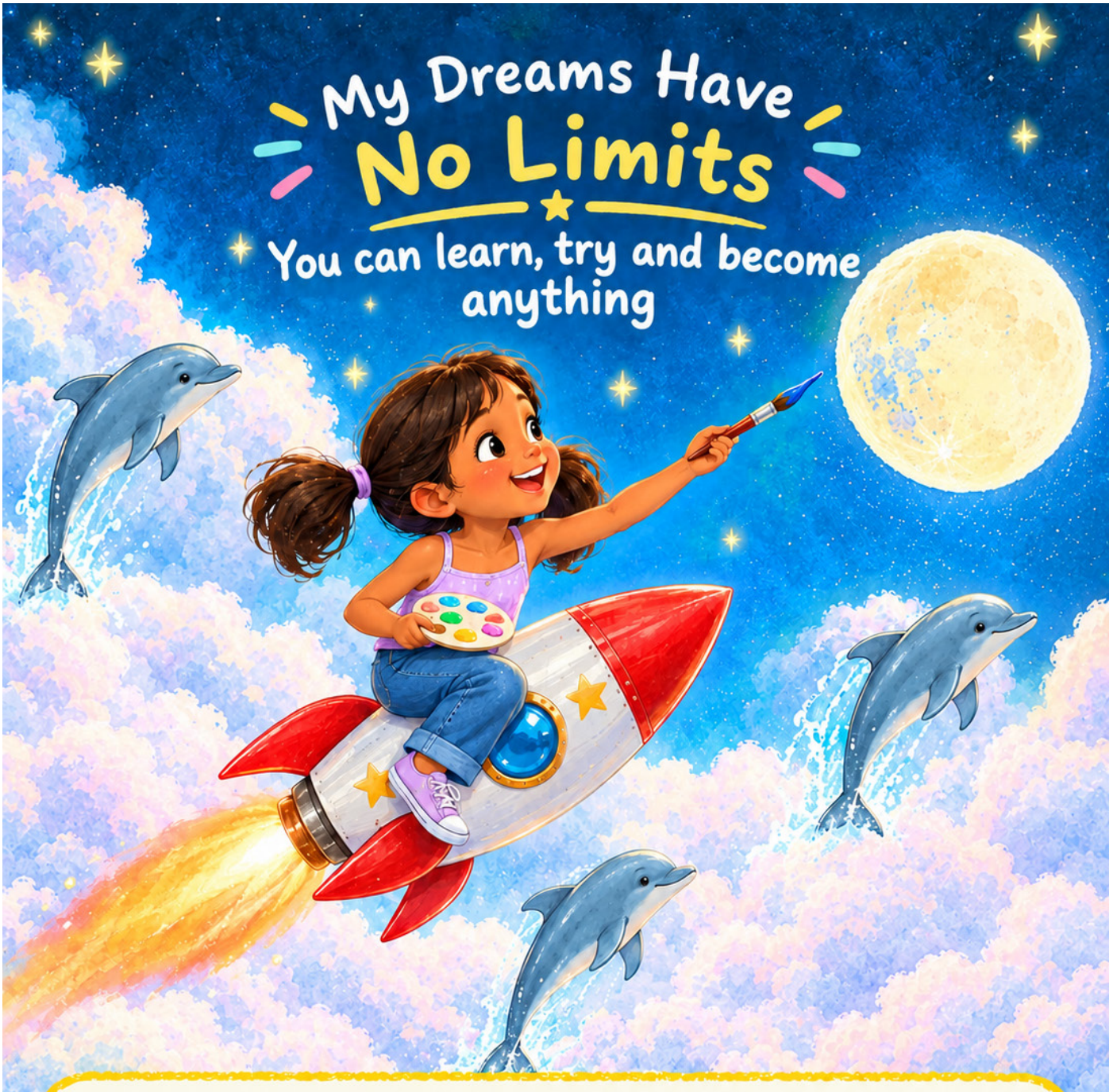


What did you find difficult to do today?

Are you willing to try again?

My Dreams Have No Limits

You can learn, try and become anything



No dream is big or small. What all would you like to explore or learn to do as you grow ?

What Makes Me, Me?

Everybody is unique



How will you describe yourself in five words?