

Lighten Up Class 02: Triggers for laughing with children.

Trigger #1: Baby books. For my first three children, I was great about keeping up with the baby books. (Poor Ella - she has no updated baby book, but a LOT of scrapbook pages instead!) Go back and see what you wrote. It may trigger some funny memories of your kids, their funny words, sayings, or habits.

lighten up

Trigger #2: Observe. Write down everything about your kids, or the kids you are around, that make you laugh in the span of a day. (For me, this can also help with my patience and tolerance of the general rowdiness around here.) You may be surprised at how funny these kids really are. Scrapbook about it!

lighten up