



## 15 Ways to Discover Joy in Motherhood of Toddlers

### Description

You will show me the path of life; in Your presence is fullness of joy, at Your right hand there are pleasures forevermore. (Psalm 16:11, AMPC)

I'm learning there are several ways to enjoy motherhood. Yes, it can be a daunting task at times. But often if I change my mindset and look for ways to enjoy it... I discover that there is joy in motherhood. More joy than I can possibly comprehend. I want to share some of the things that have brought joy to this journey for me. I pray that you will discover the joy that the Lord has for you as you embrace this adventure called motherhood.

1. **Get outside** ~ this helps me a lot! Getting outside and enjoying the fresh air helps get my mind in the right place.
2. **Plan a play date** ~ play dates with other moms are absolutely invaluable.
3. **Discover a new playground** ~ my boys and I love going for a ride in the car and discovering a new playground. To make this extra special, stop and get a coffee treat for your time there.
4. **Create a leaf pile** ~ my son loves to make leaf piles and jump in them. I find joy in watching him enjoy the simple things of life.
5. **Give extra time to everything** ~ This one has helped me a lot. I need to give at least an extra 30 minutes for everywhere we go because inevitably there will be a blowout or a "I've got to go the bathroom mommy" right before we leave. That extra time helps me enjoy myself and not get stressed.
6. **Cook together** ~ My 3 year old loves to put on his apron and help me cook in the kitchen. Sure it's a crazy mess but I'm telling you that it's a hundred more times the fun.
7. **Laugh often** ~ Laugh as often as possible even if it's at yourself. This will definitely increase your capacity for joy.
8. **Don't keep a record of wrongs** ~ show grace to yourself and your children. No one's perfect! Let go and enjoy the next moment!
9. **Forgive quickly** ~ the quicker you forgive, the faster you can enjoy the next moment.
10. **Give yourself permission to enjoy it** ~ Sometimes I simply have to give myself permission to just enjoy these sweet moments as a mom of tots. They are God's gift to me and I want to enjoy

them as much as possible.

11. **Become a part of a Mom's group** ~ I'm in a MOPS group that I love. It's great to reflect with other moms on the crazy times of motherhood.
12. **Join a Bible study** ~ these help you stay focused on what really matters and keep you accountable to grow in Christ.
13. **Workout with your kids** ~ I do leg presses with my boys and airplane rides. We have been known to put on an exercise video and exercise together. The endorphins released bring on the joy!
14. **Play lots of games** ~ my sons enjoy anything that I can make into a race. We race into church. We race to different places. We play "I Spy" a lot and even "Red Light, Green Light". Games make life fun for you and your child.
15. **Carve out time for yourself** ~ this one is very important. You are working hard all day, every day. You deserve a break once in a while. Don't neglect to take care of yourself. The time you carve out for yourself will make you a better mom for your children.

*Dear Father God, Please help me to remember that there is so much joy to be found in motherhood. May I not wish a single day of it away but may I embrace this season that You have entrusted to me. I pray that every day I will look for the joy that can be found in the little moments and enjoy my boys to the fullest.*

Discovering Joy in Motherhood,

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1. Mommy Moments

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1. Gabriel
2. Grace
3. Joys of Motherhood
4. Mommy
5. Motherhood
6. Zion

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