

Mommy Time

I had a call with Bryan Post and some other members of his group the other day. Oops! I missed it! What could be more important than a phone call with Bryan? Well, let me just tell you.

My hubby and I were busily going through our bedtime rituals with our kids. Bath time first. Are kids just born water babies? Our two children love to play in the bath and they absolutely love to dump water on each others' heads and then spray mommy and daddy. After bath time, comes jammy time. Yep, jammy time: diapers, lotion, pajamas. Our two little munchkins can make this process last for what seems like ever. We play to get diapers on and we play to get lotion on and then each of them has to try to put lotion on the other. Then, in bedtime tradition, Stella and daddy go to get Sage a bottle of milk while I wrangle Sage into his pajamas (the kid never stops moving). Then, we all kiss Sage goodnight and Stella says, "Night night Sag-e, sleep good." Off to sleep for one of them.

Just as I think Miss Stella is going to her room to go "night night." She grabs a comb and her detangler and says, "Cmon mommy." How can I resist? Well, I can't. I love this time of the evening. She sits still long enough for me to comb her hair. Then, she grabs the pony tail holders and keeps handing them to me. And, handing them to me, and, handing me some more. Until, finally, I look and she has 33 rubber bands in her hair! She goes right to the mirror and checks herself out and says, "So pretty mommy. Thank you." Okay, now, I am officially in love and she has melted my heart.

Oh yeah, she got to stay up an extra 30 minutes and I missed my call with Bryan. I didn't have one bit of guilt about either. This was Stella fostering healthy attachment. As soon as her hair was all finished, she went right to bed with no problems. She needed a little extra mommy time. And, quite honestly, I need a little extra Stella time. Another lesson in how our children let us know what they need, if we are open to hearing it!