



## Prevention Prism



Welcome back encouragers of young minds! I hope this newsletter finds you in good spirits. As the days blend into each other, and future weeks become unknown, one might be presumptuous in admitting that maybe we're "sorta-kinda" getting used to this "new normal"?! The recent celebration of Mother's Day led me to this bold conclusion.

I was pleasantly surprised, and overcome with emotion, by the love that I witnessed to mothers all over the world. Not only were digital "Happy Mother's Day" signs being texted, tweeted, and messaged to love ones, but I also had the opportunity to witness random acts of kindness that went far beyond what I imagined. One example of this was with a random group on a social media page. The women in this group decided to put care packages together for moms who lived within that county.

She didn't have to have any other requirement to receive a package other than being a mom; that qualification includes any definition of "mother." My heart grew with every smile, note or emoticon that I read from grateful mothers all over.

We definitely appreciate our "Essential Workers" that face the dangers of Covid-19 every single day. They're on the front lines taking care of our loved ones, wearing armor of bravery, and they too are praying to get home just as healthy as the way they left. I wanted to make sure that we included in that list of "essential" a different, yet just as critical worker: the mom. Moms have shown incredible strength over and over again. This has been especially true during the pandemic. Moms all over the world are waking up every day wearing multiple hats, and sometimes at the same time. There are working moms, teaching moms, chefs, maids, entertainers, and lest we not forget the "mommy" hat that never comes off: magic mommy kisses, super mommy hugs, cuddle mom, etc.

Rewarding yes, a gift no doubt and challenging is an understatement. Yet we wear our mom badges proudly. We laugh at our "mom fails," and we stand together encouraging each other with a few simple words, giving us just enough power to push through the day: you can do this!



To the mothers in 2020, simply put: you rock! You show your love in your day-to-day ambitions. Your beautiful soul is planted in the seeds of our youth every day. Thank you for your unyielding strength, thank you for giving up the free time you didn't have, and thank you for being "essential" each and every day. We honor you once a year, but you are celebrated day after day!