

## Dancing in the Rain

Last night, my girls danced in the rain. Yes, it was close to bedtime. Yes, we could've found other more "productive" things to do. But as their little faces looked at me with excitement (hoping I would say yes), I chose to relish in that moment.

As we continue to deal with all the stress of COVID-19: the responsibilities and the rollercoaster of emotions that comes with that - we need to prioritize being a kid. **Prioritize the precious moments!** Let's continue cherishing those moments where kids can be kids, where we can take pleasure & solace in knowing that for just a few moments, social distancing became a little bit easier and we remembered how to be light-hearted again.

We have to make the most of the situation at hand. Don't give up! Brighter days are coming.

PS – don't forget that play is important & beneficial to growth and development. Playing in the rain supports motor skills, problem-solving, imagination, etc. And it's fun!

Stay well!

