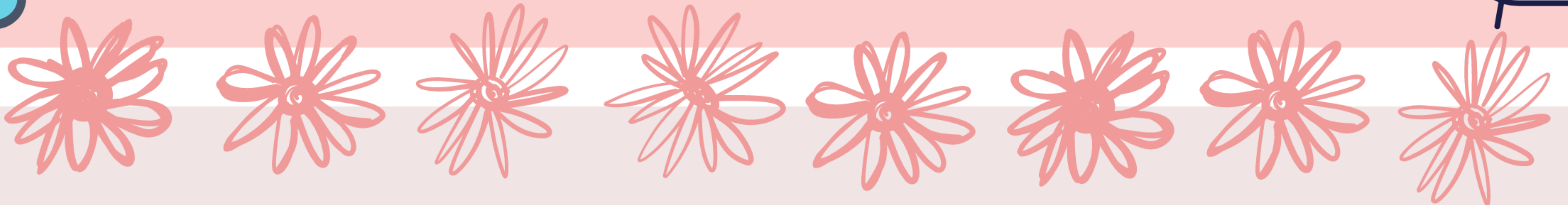
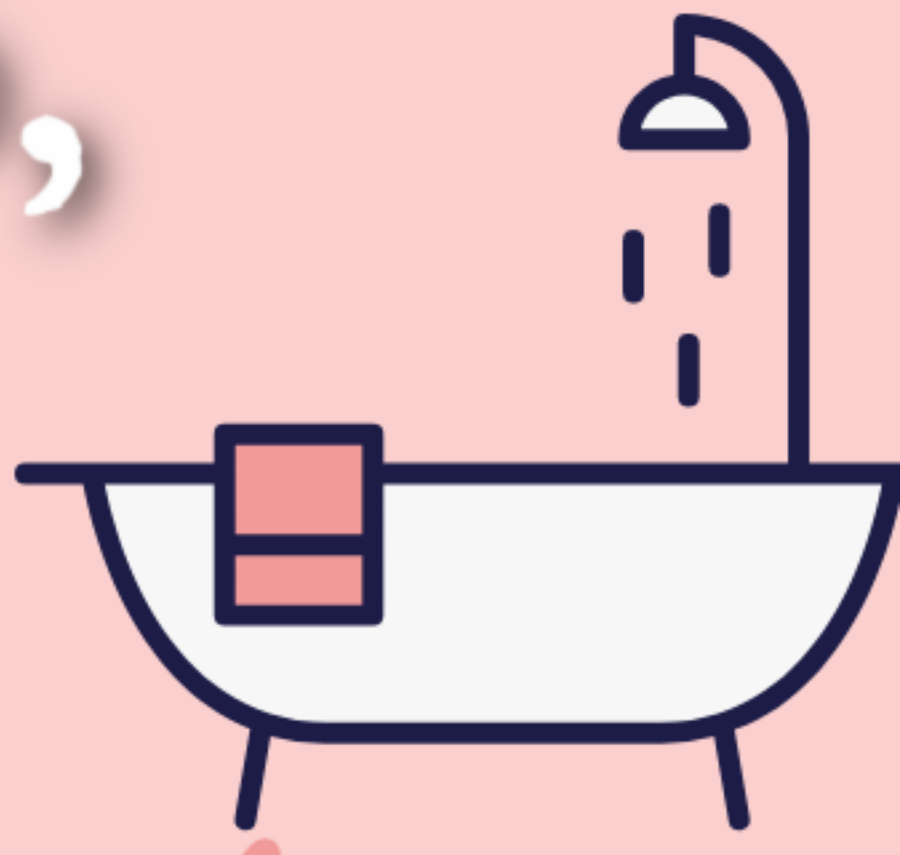


DIY BATH BOMBS

(A GREAT WAY TO LOVE ON GRUMPY, TIRED,
MOODY OR OVERWHELMED KIDS!)



**BE COMPLETELY HUMBLE AND GENTLE; BE PATIENT,
BEARING WITH ONE ANOTHER IN**

EPHESIANS 4:2

LOVE.

Dear Mom,

You know those days that just feel impossible? When things are so overwhelming and you feel like throwing in the towel? This can happen at any age-whether our kids are 3 or 17!

Our kids crave grace and gentleness from us as they struggle with bad attitudes, drama with friends, or a bad case of the grumps,

Having a quick tool to be able to calm the storms in our child's heart can be a life-line in these times. Studies have shown that being in or around water can calm our bodies and minds (though God, our Creator, definitely knew about this first!).

Next time your child is feeling some of these ways, love on them. Draw a bath, light some candles, and throw in a bath bomb! Their love tanks will be filled up and they are almost guaranteed to come out with a changed attitude or perspective.

*Sincerely,
The Help Club for Moms Team*

**"HE MAKES ME LIE DOWN IN GREEN PASTURES, HE LEADS
ME BESIDE QUIET WATERS..."**

PSALM 63:1

