

Homemakers "Survival Kit"

There are ups and downs in being a Homemaker. Lots of planning for work, home, play, volunteering, and relaxing. Knowing what to say in times of comfort. Being available, showing compassion, to lead by example, smiles and tears and giving hugs.

I am proud to be a homemaker. I am passing on this survival kit to let you know that you are special and that you have a Sister Homemaker.

- ✓ Starburst: to give you a burst of energy when needed.
- ✓ Paper Clip: to hold everything together when it seems out of control.
- ✓ Smarties: to remind you how smart you are.
- ✓ Rainbow: every storm has a rainbow.
- ✓ Eraser: to erase away the pain but not the memories.
- ✓ Tea Bag: take a few minutes for yourself and relax.
- ✓ Happy Face: smiling makes you feel good and it is contagious.
- ✓ Tissue: to wipe away happy tears and sad tears.
- ✓ Hugs: everyone needs a hug just because.

A Big Hug to You,

Your Homemaker Sister

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