

Lucy MacDonald



**Positive Perspective
Quotes
for the
Parent's Soul**

Created by Lucy MacDonald, M.Ed.

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Lucy MacDonald

Dear Parents;

If there ever was a role in life where we need encouragement it's the role of being a parent! As the parent of four, now young adults, I know the value of an encouraging word when chaos reigns.

I trust that you will find the quotes in this booklet helpful to you as your journey forth into the land of parenting.

Here's a great quote to remind you to make sure you take time to enjoy your children, as the time passes all too quickly.

"Parents are often so busy with the physical rearing of children that they miss the glory of parenthood, just as the grandeur of the trees is lost when raking leaves."

Marcelene Cox.

Sincerely;



Lucy MacDonald, M.Ed.

Parent of four

Author of Learn to be an Optimist and Learn to Manage Your Time

PS. If you would like a monthly dose of optimism sign up for my free newsletter [Positive Perspectives](#).

About Lucy MacDonald: Counsellor, Author, Speaker

Visit Lucy's blog on [Positive Attitude Quotes](#).

Visit Lucy's [Positive Perspectives Extra](#) blog.

Visit Lucy's [Confidential Counselling](#) blog.

Visit Lucy's website at www.lucymacdonald.com

Lucy MacDonald, M.Ed., a Canadian author, has been a counselor in private practice for the last five years and is certified with the Canadian Counselling Association. Lucy has a Master of Education degree from McGill University with an undergraduate degree in Psychology from Concordia University.

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Author

Learn to be an Optimist

Lucy MacDonald is the internationally acclaimed author of [Learn to be an Optimist: A practical guide for achieving happiness](#). In [Learn to be an Optimist](#), a positive thinking self-help book, Lucy takes a practical and insightful approach to helping you increase your optimism and suggests realistic ways to transform daily living by developing a positive attitude. **Learn to Manage Your Time** will be released in January 2006.

Free Newsletter: Positive Perspectives

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Acting Up

When my kids become wild and unruly, I use a nice safe playpen. When they're finished, I climb out.
Erma Bombeck

Advice

I have found the best way to give advice to your children is to find out what they want and then advise them to do it.
Harry S Truman

Boys

Boys will be boys, and so will a lot of middle-aged men.
Kin Hubbard

Children Learn What They Live

If a child lives with criticism, he learns to condemn.
If a child lives with hostility, he learns to fight.
If a child lives with ridicule, he learns to be shy.
If a child learns to feel shame, he learns to feel guilty.
If a child lives with tolerance, he learns to be patient.
If a child lives with encouragement he learns confidence
If a child lives with praise, he learns to appreciate.
If a child lives with fairness, he learns justice.
If a child lives with security, he learns to have faith.
If a child lives with approval, he learns to like himself.
If a child lives with acceptance and friendship, he learns to find love in the world.
Dorothy Law Neite

Curiosity

Curiosity is the very basis of education and if you tell me that curiosity killed the cat, I say only the cat died nobly.
Arnold Edinborough

Lucy MacDonald



I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift would be curiosity.

Eleanor Roosevelt

Fairness and Integrity

Live so that when your children think of fairness and integrity, they think of you.

H. Jackson Brown

Family

Each day of our lives we make deposits in the memory banks of our children.

Charles R. Swindoll

A brother is a friend provided by nature.

Legouve Pere

Fathers

A father is someone who carries pictures where his money used to be.

Author Unknown

Getting into Trouble

Any child can tell you that the sole purpose of a middle name is so he can tell when he's really in trouble.

Dennis Fakes

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.

Anonymous

Girls

Little girls are the nicest things that happen to people.

Allan Beck

Lucy MacDonald



Growing Up

Few things are more satisfying than seeing your own children have teenagers of their own.

Doug Larson

Human beings are the only creatures on earth that allow their children to come back home.

Bill Cosby

You know your children are growing up when they stop asking you where they came from and refuse to tell you where they're going.

P. J. O'Rourke

Happiness

Never fear spoiling children by making them too happy. Happiness is the atmosphere in which all good affections grow.

Thomas Bray

The best way to make children good is to make them happy.

Oscar Wilde

Honesty

Pretty much all the honest truth-telling there is in the world is done by children.

Oliver Wendell Holmes

Learning

We are apt to forget that children watch examples better than they listen to preaching.

Roy L. Smith

It is amazing how quickly the kids learn to drive a car, yet are unable to understand the lawnmower, snow-blower, or vacuum cleaner.

Ben Bergor

Lucy MacDonald



Life

Live so that when your children think of fairness and integrity, they think of you.

H. Jackson Brown

A hundred years from now, it will not matter what my bank-account was, the sort of house I lived in, or the make of car I drove. But the world may be different, because I was important in the life of a child.

Anonymous

Love

The most important thing a father can do for his children is to love their mother.

Henry Ward Beecher

A baby is born with a need to be loved and never outgrows it.

Frank A. Clark

Mothers

God could not be everywhere, and therefore he made mothers.

Jewish Proverb

They say that man is mighty, He governs land and sea, He wields a mighty sceptre o'er lesser powers that be; But a mightier power and stronger Man from his throne has hurled, For the hand that rocks the cradle Is the hand that rules the world.

William Ross Wallace

Patience

You can learn many things from children. How much patience you have, for instance.

Franklin P. Jones

Lucy MacDonald



Roots and Wings

There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings.
Hodding Carter

Self-Esteem

Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry.
Alvin Price

Sharing

There are only two things a child will share willingly: communicable diseases and his mother's age.
Modern Maturity

Soul

The soul is healed by being with children.
English Proverb

When You Thought I Wasn't Looking

When you thought I wasn't looking, I saw you hang up my first painting on the refrigerator, and I wanted to paint another one.
When you thought I wasn't looking, I saw you feed a stray cat, and I thought it was good to be kind to animals.
When you thought I wasn't looking, I saw you make my favorite cake for me, and I knew that little things are special things.
When you thought I wasn't looking, I heard you say a prayer, and I believed there is a God I could always talk to.
When you thought I wasn't looking, I felt you kiss me goodnight, and I felt loved.
When you thought I wasn't looking, I saw that you cared, and I wanted to be everything that I could be.
When you thought I wasn't looking, I LOOKED....and wanted to say thanks for all the things I saw when you thought I wasn't looking.
Mary Rita Schilke Korzan

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Testimonials from readers of Learn to be an Optimist

"I am 14 years old and my mother just bought me your book. I LOVE it. Right now I am going through a rather tough stage in my life and have been very pessimistic. This book is doing wonders for me."

Tessa

"Thank you for this wonderful book! Like you, Lucy, my "default mechanism" leans more toward pessimism... but I DO believe that optimism can be learned. Your book, for me, is a fabulous collection of new ideas and much-needed reminders, all set down in a straightforward way, with gentleness and humour and beautiful illustrations. Thank you for creating such a valuable resource for those of us who are trying to shift our inner balance to one of more peace and optimism. I'm delighted to have discovered your work. Thank you again!"

Laurie Aikman

"I have just finished reading Lucy's book and even at this early stage I feel inspired to make changes in my life. "

Maxine

"I am really pleased to have come across your book. It is intelligently written, reads easily and with an excellent up-beat tempo."

Simon Bruce

"I am finding the book a wonderful read and am working on many of the strategies contained within it! Many thanks."

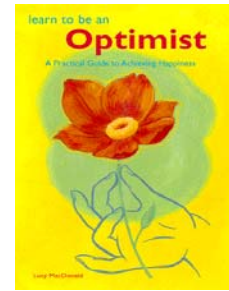
Spencer Cartwright

"I am in the process of reading Learn to be an Optimist, and it has helped me in so many ways already. It is wonderful. Thank you."

Krystle Spangler

"At the moment I am reading " Learn to be an Optimist" and really enjoying the book. Since I picked it up over two months ago I can notice the changes that have come about in my life. Thank you Lucy for taking the time to write a book that I feel has thought me just how powerful a more positive mind can be."

Melanie Louise



Lucy's new book **Learn to be an Optimist: A practical guide to achieving happiness**, is the ideal book for any audience and helps to reinforce Lucy's ideas. Ask about quantity discounts.



"The virtue of this helpful little book is that it contains the benefits of MacDonald's experience and the fruits of many studies, brought together in a conveniently organized, easily understood way to encourage the pessimists who read it to turn their lives around, step by step."

Joan Riley for Curled Up With a Good Book



"I especially benefited from the chapters on putting a halt to negative self-talk and how we so often fulfill our own negative self-prophecies - usually on a subconscious level we are not even aware of.

Learn To Be An Optimist is not one of those silly, fluffy novelty items for Pollyannas you often see at the check-out stand in a bookstore. It is rather a well-researched and brightly presented field guide to human behavior and how happiness is a choice, and a goal, we can all move towards."

Mary Jones of Book Ideas

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