

Roots and Wings

*Presented by
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Roots (beginning of growth, ancestry, family tree, heredity, foundation, stability, staying power) keep us grounded. Part of plant, usually below the ground, holds plant into position, establishes. Draws water and nourishment from the soil, and stores food.

Wings--to enable to fly or soar:

Plants, animals, and people are living things. We know they are living because they grow. Non living things are called objects. Objects do not grow (rock compared to a plant). Plants grow from seeds to plants. Most living things change with every SEASON. 4 Seasons spring, summer, fall and winter. We could help our children to understand that their lives have periods of change like the 4 seasons. All of the living and nonliving things that are around you make up your environment. Everything that you see, hear, smell, taste, and feel is part of your environment. Environment must meet a person's growing needs.

5 Basic Environmental Needs for Growth— Consider the place or environment in which you will grow your plant(s) (children).

Plant (child) has a growing need to: Survive

Plant (child) has a growing need to: Be Loved and have a place to belong

Plant (child) has a growing need to: Be Recognized

Plant (child) has a growing need to: Have Freedom

Plant (child) has a growing need to: Have Fun

Remember as the parent care giver you must first take care of you. Examine to see if the five needs are being met for you. (Airline rules say put the mask on yourself first!)

Balanced care is the Key to Healthy Roots!

Do we agree that plants have a greater chance of surviving if they have strong roots?

Good Soil of Family knowledge to grow in; this gives a solid sense of foundation, a feeling of being grounded, not easily uprooted.

Regular Water of Communication to grow with; this provides them with your positive dreams and expectations for them and regularly ask them about their dreams and expectations for themselves and their future.

Plant Food or fertilizer to enhance the growth of your plant; this boosts or strengthens the growth of a plant.

Wings--to enable to fly or soar:

The eagle is well known for pushing their young out of the nest to encourage them to learn to fly. This comes only after the adult eagles have nourished them with the right food and allowed them to watch them fly.

Eagles remain together faithfully until one dies, the survivor accept a new partner.

Eagles tolerate very cold temperatures--

Eagles do not sweat, so they need to use other cooling methods

Bald Eagles can swim to shore with a heavy fish using their strong wings as paddles.

**Give your Child(ren) at least 2 legacies for a long healthy life—
ROOTS & WINGS.**