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Thankfully, I know you're growing because you keep outgrowing shoes and clothes - but I'm sure this is only because of the supplements and formula you take.

You don't like getting messy, but you love to color and do projects where you can use tools, like paintbrushes for example.

But we'll save that for the next, "Dear Caleb" blog post.

As you can see, I have learned quite a bit about dinosaurs with you, too! You have also started to get into Daniel Tiger and you really like the movie Frozen (along with every other child in America, maybe the world).

You jump on him, head-butt him, and tackle him every chance you get.

I can't wait to see what new adventures this next year will give us! Love

You often say, "Catch!" and ask to practice.

Laura is your teacher at A Kid's Gym in Oviedo, and she is wonderful.

Home Sunday, May 4, 2014 Dear 2-Year-Old Caleb Dear 2-year-old Caleb, Has it really been a YEAR since I've written you one of these letters? Time really has flown by this past year, even more so than for your first and second birthdays.

It's my hope as a parent that I can encourage that side of you while discouraging the hitting and kicking.

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Sorrow's Web by Anne Sheffield - One of every four women suffers from depression at some point in her life, often during the prime childbearing years,

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lethargic, and incapable of any joy or enthusiasm," says Anne Sheffield, author of Sorrow's Web: Overcoming the Legacy of Maternal Depression.

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About the author Ann Sheffield Anne Sheffield is the author of Depression Fallout: The Impact of Depression on and Sorrow's Web: Overcoming the Legacy

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