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

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

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

Currently, every car ride is exciting because you cheer me on when I drive through a green light.

And you did even better than I had hoped.

Your fine motor skills are awesome! You seem to especially like to write with pens, and you often "help" me with my grocery lists by scribbling all over the paper.

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

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.

Even the books you don't have memorized, you like to "read" to me by looking at the pictures and making up a story.

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Al J. Simon has been for his innovations to Tai Chi and Qigong. Al is the creator of Mental Clarity exercises and Dispersal Qigong have helped me relax and

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