



## Happy Half-Hour

M.W. Story 1

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*Wife and mother of  
four grown daughters  
who loved being a stay  
at home mom most  
days ☺*

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Sitting outside in the sun on a warm spring day while writing about a positive moment in time...what could be better? I like the idea of reflecting on wins rather than the not so successful attempts of parenting. Unfortunately, what has been mostly stuck on replay in my brain is the latter. I do have a couple “ah ha” moments, though. One such moment was a revelation about temper tantrums. One of my daughters seemed to be having an increasing number of expressive explosions. At three, I thought she should have outgrown them. After all, she was out of the terrible twos. Yet, they still would happen and seem to come out of nowhere. I kept trying to find the trigger. Then one day I was reflecting on the past couple weeks and realized she had temper tantrums on the days I was really busy. If I spent at least one half hour reading, playing games or watching a show with her, she didn’t seem to have them. I think she wanted at least a half hour of my undivided attention. If she didn’t get it, she would throw a temper tantrum and it took at least a half hour to deal with her mood. I started carrying a deck of cards in my purse so we could have fun while we waited in the car to pick up her sisters. Playing cards made us both smile. We would also watch an old show, “Touched by an Angel”, and we would squeeze into a recliner and not move for the hour. When she got to be about five or six, we broke the arm of the recliner trying to squeeze into the chair for our show. Sweet memories....