PREPARING FOR TAKEOFF

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The Four Calamities of Childhood
[à la Charles Brenner]

1. Loss of the person you're attached to
2. Loss of the love of the person you're attached to
3. Loss of self-regard
4. Loss of bodily-integrity

Furman, Erna. (1992). Chapter Five: "Self-Care and the Mother-Child Relationship," in *Toddlers and Their Mothers: A Study in Early Personality Development*. **Madison, Connecticut: International Universities Press, Inc. (pp. 111-130).**

FOR

WITH

STANDING BY TO ADMIRE

DOING FOR ONESELF

People have said, "Don't cry" to other people for years and years, and all it has ever meant is, "I'm too uncomfortable when you show your feelings. Don't cry." I'd rather have them say, "Go ahead and cry, I'm here to be with you."

Mr. Rogers

Songs my mother taught me,
In the days long vanished;
Seldom from her eyelids
were the teardrops banished.
Now I teach my children,
each melodious measure.
Oft the tears are flowing,
oft they flow
from my memory's treasure.

Adolf Heyduk