Take Time to Smell the Roses and Count Your Blessings

Cheri Barber, President and Fellow, DNP, RN, CRNP

My third President’s Message comes during the season of Thanksgiving. We are all surrounded by simple and abundant blessings which we often overlook: family, friends and colleagues, good health, food, time to enjoy the things that matter, the beauty of nature, and the laughter of children. One of the most valued therapies I have used over the years in pediatric primary care is journaling. Teaching children to journal their thoughts and things they are thankful for has been very rewarding for both the children and for me. Watching children learn from their writings or helping them learn to take baby steps as they move forward during difficult times is gratifying.

Now that I am 5 months into my year as President of NAPNAP, I find that I have a lot to be thankful for:

1. Having spent a year as President-Elect with excellent mentors such as Michelle Beauchesne, Jean Martin, and Karen Kelly-Thomas, just to name a few.
2. Our excellent Executive Board and National Office staff, whose continued support and guidance helped us through the process of hiring a new chief executive officer.
3. Our new chief executive officer, who is now on board and ready to lead us in our continuing mission of “promoting optimal health for children through leadership, practice, advocacy, education, and research.”
4. Last but not least, the many friends, family members, and colleagues who have made this year possible for me whether through their mentoring, their willingness to change schedules with me to allow me to travel for NAPNAP, or helping out at home with my children and their busy schedules to accommodate my NAPNAP conference calls and travel. I am blessed and forever grateful.

I wish each and every one of you a blessed holiday season with family and friends. Please take time to smell the roses and count your own blessings. What are you thankful for this season?

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. – John Fitzgerald Kennedy

Conflicts of interest: None to report.

Correspondence: Cheri Barber, DNP, RN, CRNP, Chester County Pediatrics, 111 Arrandale Blvd, Exton, PA 19134; e-mail: barber.c@msn.com.

0891-5245/$36.00
Copyright © 2011 by the National Association of Pediatric Nurse Practitioners. Published by Elsevier Inc. All rights reserved.
doi:10.1016/j.pedhc.2011.08.001