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5 Ways to Support Mom to Enjoy More Balance in Her Life

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All would agree parenting can be considered a full time job. As a mother, spouse, and employee, it becomes difficult to make time for yourself and maintain a balance between the children, work and home. You typically ensure that all tasks are completed before the end of the day without realizing that you haven't made time for yourself.

Listed below are five steps to assist mom to find more balance in her life:

1. **Schedule daily "Me-Time"**: Set aside 15 minutes or one half hour of time for yourself on a daily basis. Mothers today often allow themselves to be in "mommy mode" throughout the whole day right until bedtime, waking up and repeating the routine all over again. Taking scheduled breaks in between can allow for built up stress to be released and for a smoother day. Mothers can enjoy their favourite cup of tea in silence, or relaxing in a warm bubble bath or any other activity that you enjoy.
2. **Create "To-Do" Lists**: We all like to be on top of things and it seems as though 24 hours in a day is never enough to complete what needs to be done. When it comes to prioritizing all the tasks that need to be completed, nothing beats making a "to-do" list. This contributes to the sense of satisfaction about short-term daily goals being accomplished. Keep it realistic and be flexible. Having "dinner prepared by 6:30 p.m." may not appear to be a challenge, however within a busy schedule it can easily be pushed back later than usual. No need for perfection.
3. **Share the Work Load**: Trying to complete all of the tasks mothers are often expected to complete can be a challenge. Sharing the amount of work with other family members in the household can result in less worn out mothers by the time supper is ready. Schedule days and times for all family members to assist in tasks that can benefit everyone later on.

Sorting their laundry, tidying up their rooms, folding and packing away or hanging laundry can become a weekly routine for your children. Setting up the dinner table and helping to wash and dry dishes following supper can become a daily chore too.

4. **Become a Member of a Parent Group:** Nothing during this time of raising young children, working outside the home, and being a spouse can be more time consuming, and often talking to others who are in the same boat as you can be very comforting. Being involved in a parent group during this time in your life can help to reduce the daily stressors that come with being a mother. You are able to share stories with other parents in which they can relate to and understand how challenging this time as a mom can be.

If a parent group doesn't make your heart sing, look for other opportunities to spend quality time with adults to feed your soul.

5. **Daily Exercise:** Physical fitness is an excellent way to stay in shape and relieve stress. Taking one half hour out of your day, whether it is as soon as you wake up or right after you put the children down to sleep at night, can ensure that you are getting the daily physical activity that you need. Once you begin to create daily "me-time" you can begin to incorporate daily exercise routines into your day as well. It is important to remember that as you are keeping your children healthy, you need to keep yourself healthy too!

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Charene has received a diploma in Early Childhood Education from George Brown College. Throughout the program Charene has worked with children from ages 2-7 and their families in various settings including full-day kindergarten. Charene's experience also includes working with children with special needs. She has several volunteer experiences including summer camps within her church, and supervising children during Sunday services. Charene is devoted to continuing her education as a full time student in her third year of the Early Childhood Leadership Bachelors of Arts program, expected to graduate in 2016.