

Top 5 Things to Keep Yourself from Losing Your Mind as a Mom

1

Time Blocking

Create a clear plan for yourself and your kids. This helps the whole family to know what to expect throughout the day.

Kids feel more secure when they know what's coming, and you can expect less questions and less pressure to make last-minute decisions.

2

Mix of Active & Quiet Time

Schedule options for movement like outside play, inside stretching, exercise, or games.

Guide the kids into down time by dimming lights, closing curtains, and/or putting on soft music. Their brains can rest, and so can yours.

3

Clear Options

If hearing "I'm bored..." is a trigger for you, create a list of activity options for the kids to choose from. This clarity will allow them to function in freedom within reasonable boundaries.

Be clear about what's not allowed during certain times, and stand your ground until they respect the options given.

4

Low Expectations

There is no pressure to be super-mom. Scrolling social media can give us a false impression of what success needs to look like in our home.

Decide what is most important for you and your kids instead of comparing to others. Give yourself 3 main goals to accomplish each day, and lots of grace for all the rest.

5

Sleep

Your body needs 6-8 hours of sleep every day. Keep track of how much energy you are expending with the kids, and rest your brain in between.

Get used to falling asleep with a book instead of the blue light of a screen. If kids are keeping you up, help them to relax in a restful place, and take deep breaths to calm them and yourself.

You Matter, Mama

Make time to take care of your personal needs every day. Decide what fills your emotional cup the best and add that to your time-blocking schedule.

Don't be afraid to ask for what you need. Without apology, make your needs known and be clear about what you need from your partner, or anyone who is happy to help you.