

Juggling Children and Work – 7 Ways to Succeed



Working in this economy is stressful and tough enough. But, parenting is a tougher job. And, when you are doing both, finding ways to maintain close relationships and open communication with your children is very important. Here are 7 simple ways that don't take up too much time, after all things considered:

1. Say "I Love You" Tell your children you love them every day -- no matter the age. Say those words and mean it, even on trying days or after a disagreement. A simple "I love you" goes a long way.
2. Create a Special Bedtime Routine Reading a favourite bedtime book is a routine that young children will remember throughout their life. Once children start reading, have them read a page, chapter, or short book to you.
3. Let Your Children Help You Let them help with house chores, finding items on your grocery list, unloading groceries, etc! Parents sometimes miss out on opportunities to build closer relationships by not allowing their children to help them. Choosing which shoes look better with your dress lets a child know you value her opinion. Of course, if you ask, be prepared to accept and live with the choice made!
4. Play Time Play with dolls, ball, sing songs, or whatever. It doesn't matter what you play, as long as it involves you! Let the kids see your silly side.
5. Eat Meals Together More Often Than Not Turn the TV off. Eating together sets the stage for conversation and sharing. When schedules permit, really talk and enjoy one another.
6. Respect Their Choices You don't have to like their mismatched shirt and skirt and socks. However, it is important to respect those choices. Children reach out for independence at a young age, and parents can help to encourage those decision-making skills by being supportive and even looking the other way on occasion. After all, it really is okay if a child goes to daycare with a polka dot shirt and striped shorts.
7. Make Them a Priority in Your Life Find some one-on-one time. Whether it is a walk around the neighbourhood, a trip to the mall to do nothing but look around, or a movie night with just the two of you, it is important to find some one-on-one time. Although it is more of a challenge the more children in a family, it is achievable.

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