

GET A LIFE – CUT IT OUT!
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If you are spending too much time thinking about parenting and not enough time pursuing your life's goals and interests, might I suggest you CUT IT OUT! I know that very young children demand a lot of your time but the best way to deal with some of the difficulties of parenting is to focus more on your own self-care.

When is the last time you had a meal out with a friend or your partner? When did you last curl up with a magazine even though your school-aged kids were home and bored? How much time do you spend worrying about your acting out teenager instead of unplugging enough to do something for yourself?

While spending one on one time with your children is really important so is the one on one time you spend with yourself. If you are a devoted parent, you have room somewhere in your busy life to ask, "How can I care for myself, the way I care for others?" As children mature, a healthy parent can start to reclaim parts of her life. She can learn to fulfill her needs without feeling guilty. Small steps to create time alone or with another adult that is free of children can rejuvenate patience and joy. It's time to let go of the old models of martyrdom and self-sacrifice and let everybody off the hook. When you have your own interests and balance, your kids will take comfort in knowing that because you have a life, they can have one too.

