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3 Time Management Tips for Stay at Home Moms

By Sheri Purfield

Time management can be a big issue for stay at home moms that have many things going on in their lives. For mothers that truly want the best for themselves and their families, time management can play a major role as to their success.

If you always feel rushed and you feel you can't get anything completed during the day you might want to address your time management methods. If you have the feeling of not being able to focus on one thing at a time and not being able to handle distractions well, then you should take a step away from the action and relearn the basics.

Time management is a simple concept: plan and organize your schedule to make your time as clear and productive as possible. However, as with most stay at home moms, we must accept that there will be plenty adversity during the day and we have to deal with it.

If you are finding that you are pressed for free time or that you just feel too busy chasing your kids around, here are some tips to make your time more productive and find some time for yourself.

Wake up a Little Earlier and Take Time to Take Care of Yourself

Remember you have control as to when you wake up. Consider waking up a little earlier. I find that taking the first 30 – 60 minutes of the day to just think does wonders for my mental outlook. Take a few minutes to have a cup of coffee or tea and write down what you need to do for the day or maybe do absolutely nothing. If you want, write down any tasks you promised your family or yourself to do earlier and prioritize as to when you can complete them.

If you really want to do something great take on exercising: wake up 60 minutes earlier than your family and work out. Movement is a great way to start the day and it clears your mind. There is so much to be said for exercising and living a healthy life style. The point is that you want to give yourself a head start. Again: you can control when you wake up.

Take Control of Incoming Demands

3 Time Management Tips for Stay at Home Moms

Children can be a very powerful distraction that can easily take your focus away. I have two young children (six and three years old) and it seems that they have a request every 30 seconds. Some days I'm reaching for the Excedrin by 9:00 am. However, you must embrace the fact that your family comes first.

The best thing to do here is to try your best to teach your children to ask for things one at a time and also (if age permits) show them how to do things on their own. If you are doing something very important and it's not a life and death request from your child, try to defer it until you complete the task. Your time can be well spent by teaching your kids to take care of a few things themselves when they ask for something.

Keep a Note Book and Pen Handy

Try to keep a note book with yourself at all times. As long as you are not driving or doing something dangerous, it is best to write down your random thoughts in a note book. This way you can decide what to do with the task when you are ready to review new information. This is a good way to decide if an idea is good enough to pursue. More importantly you can prioritize the idea.

Writing down your ideas and forgotten tasks in a note book can be a powerful tool in dealing with distractions. If you are like me (with a mind going a mile a minute), a note pad and pen is essential to time management.

Time management is necessary for almost anyone in this super busy world we live in. However, I feel it's even more important for stay at home moms because we are responsible for keeping our families together. Our days are filled with running around for our children, working on multiple projects at the same time plus some of us try to juggle school or a home business. So time management skills are definitely needed and can really help.

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Looking to Stay at Home With Your Kids?

By Missi L. Boness

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