

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Minute Can Turn into Hours for the Child of a Work-at-Home Mom

By Patricia Gatto

A Minute Can Turn into Hours for the Child of a Work-at-Home Mom

by: **Patricia Gatto**

In theory, working at home is an ideal situation. But in reality, it's difficult to balance the needs of your family with the needs of your clients.

Phones, fax machines and e-mails have no common courtesy, nor does your client really care about your personal situation. You are simply a means to an end consisting of a telephone number, an e-mail address and a 1099 at the end of the year. For the most part, you are not afforded special considerations and must respond to their needs or your business will suffer.

Long before I began my career as a writer, I was already a work-at-home mom. I provided outsourcing solution to a variety of clients, which included bookkeeping, personnel records, reports and creating employee handbooks and mission statements. Initially my clients were leery; it was a time when home businesses were just emerging. I went to great lengths to establish and maintain my associations. Part of my success was the perceived illusion was that I was available 24 hours a day, seven days a week. Continuously, I had to prove my home life did not interfere with their business needs or deadlines.

One day, as I absentmindedly brushed my son off and repeated the phrase, "just a minute" for the fifth time, I suddenly realized why he had no concept of time. That "minute" I was speaking of was hours away, at best. The business I built so that I could be at home with him was also the business that was taking me away from him. I turned back to my computer to complete the report I was working on and my son returned to his video game in frustration. It was then I realized my solution was only a paragraph away.

I was experienced in writing mission statements for my clients. These leadership tools are used in the corporate world to define goals, values and purpose. A successful business takes commitment, resources, responsibility, problem solving, honesty and hard work. Doesn't that also define raising a child? Parenting consists of all those factors and so much more.

A Minute Can Turn into Hours for the Child of a Work-at-Home Mom

As in any business, the business of raising a child will bring accomplishments, successes and rewards, but it will also have its share of conflicts, disappointments and setbacks. However, when it comes to the business of family the stakes are much greater than a new client, a contract, a promotion or a raise; they involve the wellbeing of your child.

The emotional difficulties of childhood serve to build strength, courage and character. But to a child, these conflicts may feel catastrophic if they have no one to turn to. You can help prepare your child to cope if you take time out each day to remind him how much you love him, express your commitment to his wellbeing and provide positive affirmations that help foster confidence.

Just as you keep focus on your business goals and rise to meet your company's mission statement, keep focus on your personal goals as a parent. Run your family business with the integrity and respect of a healthy, thriving corporation. Define your ideals, set plans to action, keep communications open and reward success. Encourage individuality, praise creativity and share the wealth. Be positive and

proactive. The business of family is one to be celebrated and cherished. It may not be listed as a FORTUNE 500, but it is the most important business of all.

A PARENT'S MISSION STATEMENT

The purpose of this Mission Statement is to express my love, support and commitment to you. As your parent, I promise to help you achieve your dreams and goals by providing you with a safe and nurturing environment. I respect your opinion and I encourage your creativity. I will be there to praise your accomplishments and comfort you in your disappointments. I promise to accept you as you are, support your decisions and honor you as a special and unique individual. You have the right to a safe and happy childhood and as your parent, I am committed to providing this to you.

TIPS FOR WORKING AT HOME

The luxuries you dreamed of as a work-at-home mom can quickly lead to burdens unless you are organized and scheduled. This schedule consists of a balance between business and family and activities should work in harmony with your child's needs, not against them.

Define your work area and organize it so valuable time can be spent on the task at hand.

Determine quiet times, such as early morning or after your child goes to bed. Use this period to complete tasks that need the most concentration.

Set a start and finish time for your workday.

Allow a full day off from work each week and stick to this schedule as much as possible.

Start each morning by talking with your child about the day's events. Include your child in these plans. By informing him of your activities, he will be comforted in the knowledge that there will be time for him.

A Minute Can Turn into Hours for the Child of a Work-at-Home Mom

Remember that you are entitled to breaks, lunch, vacation time and even sick time. You are the boss.

When it comes time for your break, stop working, compliment your child for his cooperation, and spend the next block of time enjoying the moment.

Record an "out to lunch" message and set your phones daily. Even if you are sitting at your desk, do not answer the phones. Your clients will become accustomed to your schedule.

If you need to run an errand, but are concerned about missing an important call, don't wait around stressing, forward calls to your cell phone.

Consider hiring a babysitter a few hours per week to read or play with your child or do a special craft.

Most of all, remember your priorities as a parent and your commitment to your personal mission statement. When your child needs to talk, be grateful he or she is turning to you. Keep the lines of communication open, there will come a time when they need you for more than a glass of milk and a snack. And when that time comes, they might not be able to wait, "just a minute".

Patricia Gatto and John De Angelis are the authors of MILTON'S DILEMMA, the tale of a lonely boy's magical journey to friendship and self-acceptance. As advocates for literacy and children's rights, the authors speak at schools and community events to foster awareness and provide children with a safe and healthy learning environment. For more information, please visit Joyful Productions at

Help With Toddler Separation Anxiety

By Jennifer Houck

Dear Mom,

I try to leave my child and the minute I walk out of the room, she starts crying or screaming for me. Please help this gone crazy mom of how I can help my baby let me leave her for just a little bit. I think she has toddler separation anxiety but I just want to know how to overcome this.

Thanks, Carol

Carol,

It is normal for your baby to be going through what they are going through. For nine months, they were attached to us 24 hours a day 7 days a week. We were their lifeline and they have to learn their independence from us. Their whole mentality knows they are sensing this whole new freedom from mom, but yet they have reservations about beginning new things. The mom can help teach them independence by taking baby steps and not trying to separate from them without building up the process. You may ask, what steps can we take?

A Minute Can Turn into Hours for the Child of a Work-at-Home Mom

Start out small. Let them play in the living room as you go to the next room (room needs to be in eye view) to do a certain task as folding clothes. Make sure you are keeping eye contact with them and reassuring that mom is right here. Speak in positive, upbeat words. The first time may not work, but just keep repeating yourself and do it over and over until they are fine with you being in the next room.

Stretch the time being gone. When dad or another caregiver comes home, go and take a shower or soak in a nice bubble bath. Reassure the child you will be back. Never sneak away from the child as this will leave a bad coping skill with her and think you are never coming back. Give it 15 or 20 minutes and show your presence to the baby. Hug her and let her know you missed her, but will always return when mommy goes. After you do this a few times and she gets used to the idea of you being gone for that short amount of time, try going to the store for a longer period of time. You can continue to stretch each trip until you feel comfortable with the time you are being gone, for example if you are trying to build up to a night out of town with your significant other.

By taking things slow, it will help you and your child overcome toddler separation anxiety with much less tears, heartbreak and stress. The baby will continue to grow her independence from you and will soon love her new found freedom of having playtime with dad, grandma or grandpa, or other special friend.

Hang in there mom it will get better and know other moms are going through the same thing as you right now.

Fellow Mom, Jen

Jennifer Houck is the owner of the online Parent Center at

to where

you can find many more resources and tips to help in the daily journeys of raising a toddler.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!