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Get Creative With Child Care While Working From Home

By Kristie Tamsevicius

Balancing Your Act

As an entrepreneurial parent, you juggle the roles of head chef, chauffeur, nurse, janitor and more. Being there for your kids may be the very reason you have a home-based business, yet this myriad of roles makes carving time out for your business challenging at best. By developing a wide variety of cost-effective childcare options, you can achieve a balance between spending time with your children and building your business.

There are times when working at home while watching the kids goes without a hitch. They're playing a game in the other room, doing their homework at the kitchen table, or gabbing with their friends while you're making your calls, filing your paperwork, and crossing items off of your to do list with efficiency. There are other times, though, when parenting and working requires a superhuman ability to focus. Once, as I was doing a phone interview with the local media, the Pokémon theme was blaring on the TV, a toy was singing, "If you are happy and you know it, clap your hands," and my son came over saying, "Mommy, Mommy, Mommeeee...." The reporter was amazed that I could concentrate on writing an article for my newsletter with such distractions. The key is honing the ability to let go of the distracting voices while still listening for cues that your children really need help.

Bringing in the Relief Pitcher

No matter how well you multitask, there are occasions when you need undisturbed time to devote to your business. Here are some ideas for getting the relief you need:

Hire a sitter to come to your home. In the summertime, you can find local high school and college kids who will keep the children entertained for a few hours rather inexpensively. Otherwise, you can ask friends, neighbors, and customers to recommend sitters who are willing to do daycare in your home.

Swap babysitting and working time with another mom. If you have a friend who also has her own home-based business, you can trade work and sitting times. For example, if you work in the morning, she can watch your kids. In the afternoon, she can work while you take over the childcare duties.

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Set up a childcare co-op. Arrange with two other moms in your neighborhood or on your team to take all three kids for one afternoon. By taking turns watching the brood, the kids will form lasting friendships while each mom gets two afternoons per week to work on her business-kid-free!

Work swing shifts with your husband. You can watch the kids while your husband works, and then he can take over while you work the next shift. The disadvantage to this approach is that you don't get a lot of quality time to spend with your husband.

Work around the kids' schedules. You can get chunks of work done while the kids are in school, or in the early morning or at night when the kids are sleeping. If you have a baby or toddler, you can work while they are taking naps.

Ask your family for help. Going to grandma's house can be an adventure. If you have extended family, they may be willing to watch the kids while you work.

Enroll your kids in a class. Most local parks and recreation districts offer dozens of inexpensive classes for children of all ages. Go through the course catalog together with your children, and have them pick out the classes that most interest them.

Park your kids at the pool. Invest in a summer pass for your local public pool and take advantage of the recreational swim hours. As long as your kids can swim, most public pools allow school-age children to swim without a parent being present. You can get two to three hours a day of uninterrupted work while your kids are splashing in the sun.

Sign your kids up for day camp. Many parks and recreation districts offer inexpensive day camps. When they're not in school, consider signing your kids up for day camp one or two days each week. They'll have fun and you'll have peace of mind.

Assessing Your Options

Realistically assess how well you're juggling your many roles, and whether some form of childcare would help you achieve your personal and professional goals.

Determine how many hours each week you'd like help with the kids, and choose one or more strategies from the above list. Do the research or make the calls to get the help you need.

Kristie Tamsevicius, is the author of "I Love My Life: A Mom's Guide to Working from Home"! Thousands of aspiring entrepreneurs have used her step-by-step home business system to earn money working from home. Get a free ecourse Home Business Success Secrets at

<http://www.webmomz.com/ilovemylife1.htm>

Problems at day care

By Ted Belfour

Many parents complain about the problems faced by their children at the day care centers. Parents complain that their child is not ready to go to day care center. To top it, the child misbehaves at the center and possesses erratic behavior when brought home. These are normal problems associated with children going to day care centers.

Always remember one thing – your child is actually crying for you. She has that terrifying thought of missing her parent for the whole day. Her child brain doesn't allow her to think of being away from her parents for such a long time. This psychological problem should be handled with care. Save yourself with some time in the morning with your child before starting for work. These few minutes will be great for the child. Talk about the great things that will happen to the child in the day care center. Discourage your child from thinking of negative things about the day care center.

Reach the center earlier than the stipulated time and spend few minutes with the child at the center. Try to get involved your child in some creative activity of her choice. Always sport a smile on your face – this will give the impression to the child that the center is a nice place full of fun. Try to meet persons out there with warmness. Spend few extra minutes with the person loved most by your child at the center. Child will be normal within few minutes of your departure from the scene.

Picking up child in the evening time is a mix of challenging situations – child is happy that the day has ended and that tomorrow is not far away. Child may start building the background for missing the tomorrow to day care center. This requires the maximum management skills on your part. Talk to the child about good things happened in the day at the center. Spend some quality time with the child in the evening.

If your child doesn't adjust herself even after few months, its time to take a call on the situation. You may have to opt for special day care for your child. This may come in the form of home care, nanny or a college student. Let the child get adjusted in the homely setting, and then switch to a day care center after some time. It is worth remembering that you may have to work on child separation some time before these facilities are actually used.

Ted Belfour is the founder of

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websites providing information on daycares.



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