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Mommie Moments - Taking Time For Yourself

By Heather J. Tait

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Being a parent is a role that requires a large majority of our attention and time. Whether you have one child or fourteen children, you are more than likely aware that personal time is at a minimal. As a mother your attention is always on demand. There are meals to be made, clothes to be washed, and rooms to be cleaned. Not to mention other responsibilities like entertaining hungry little minds.

So where does your time fit into this equation? Regardless of time restraints, it is imperative for a mother's well-being to have a little down time. Even a half hour to an hour a day can be a refreshing overhaul for a mother's daily routine. A moment to gather your thoughts without distractions can refresh your spirit and attitude, making you that much more prepared to meet the demands of your children, your family, and your life.

Nurturing our children begins with us nurturing ourselves. When we view our personal time in this way, we are able to see what a priority we really should be. Take time to dedicate to personal reflection like journaling, music, or art or whatever activity that makes you really feel apart of yourself. If you only get small increments of time daily then make a weekly list of what you would like to accomplish. Manage your time, don't allow time to manage you.

Everyone needs personal time to listen to their own voice and reflect on their lives. But for mothers that time isn't always readily available. And often your personal time is overlooked by those around you. The only person that can make your time a priority is you. So make sure you set boundaries wherever necessary. While your children are napping, utilize that time for yourself. Let the dishes wait and grab a book or do some exercise instead. Remember that the time you invest in yourself is time well spent.

Artist and Inspirational Writer Heather J. Tait began her career as a professional artist back in 1997 in Morgan Hill, CA. Her work and articles are displayed internationally. She is also the founder of Silence Speaks International Artist Association and the Editor of Intrigue Magazine. She has also been inducted into the 2004–2005 Who's Who Among American Women. Email: contact@silencespeaks.com Silence Speaks <http://www.silencespeaks.com>

Mommie Moments - Getting Your Partner to Help

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It is very easy for a Mom to take on a large part of the responsibilities of raising a child even when she has a loyal and dedicated partner. There are several things you manage, nursing, cleaning, laundry, cooking, and caring and playing with your little ones. Not to mention any other miscellaneous tasks that may come up. Between naps may be the only private time a mother receives during a busy day. Allowing your partner to assist and asking for their help can really help alleviate any exhaustion.

A common misconception is assuming your partner knows that you need help. Often as long as the tasks and responsibilities are taken care of, your partner assumes that everything is under control. They may even assume that you are not experiencing any form of exhaustion at all. The key here is to communicate with your partner some of your daily tasks. This allows them to get a better idea of what your typical day is like.

Allow your partner to be more involved with the caretaking of your little ones. While they are together try to minimize jumping in to fix the situation when challenges between the two arise. Allowing your partner to problem solve when situations occur only increases your partner's confidence in handling matters. It also allows them to strengthen their already loving bond with their child.

If you need help doing housework or any other chores, don't be afraid to ask your partner for help. Make your needs known to your partner so that there is no miscommunication. You just may discover that your partner will actually appreciate being asked to be more involved with daily activities.

Being open about your needs prevents resentments from occurring and alleviates tension for both parties. Remember that your partner doesn't know your thoughts unless you express them.

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