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Ten Suggestions For The Overscheduled Child

By Kimberly Chastain

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by: **Kimberly Chastain**

Ever wonder what happened to the family dinner hour? Or for that matter the family dinner half hour? Monday is Soccer Practice, Tuesday is Piano lesson, Wednesday is Church Activities, Thursday is a Soccer Game, Friday a birthday party to attend. A number of events will fill up the weekend. Do you feel like a professional scheduler and taxi driver? Are you finding yourself increasingly irritable as you go from one activity to the next? Maybe you and your children are overscheduled.

As a coach and family therapist I see more and more people wanting to find balance in their lives. In the past few years I have seen a marked increase in children with anxiety and depression. Children are now saying they are `stressed out'. I remember one child in particular who just wanted to play a board game with his parents, the only family assignment was to play the board game. The family did not have `time' to play the game. Children no longer seem to have time to goof off and just be children – goof off time is not on the schedule.

As parents we need to guard our children and ourselves to protect our children's unscheduled time to be children. Children need time to create their own games and also to learn to entertain themselves. Children often want us to entertain them or the television instead of figuring out how to play by themselves. I would hazard a guess that some of your fondest memories as a child were playing out in the backyard with some friends and really doing nothing in particular. Just laughing, playing, talking or `being'.

Ten Suggestions to keep your family from being overscheduled:

1. Each child in the family has one outside activity (i.e. sports, music lessons) besides church activities. (If you have a big family even this may be difficult.)
2. If your child wants to add an activity they may consider giving up the current activity in exchange for the new one.

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3. Set family nights on your calendar. Order a pizza and play board games. No one can schedule anything on family night.
4. Help your child learn to say "No" and help set appropriate limits on their activities away from home.
5. Do not say "Yes" to any new activity for yourself or child till you have weighed the costs (i.e. financial, emotional, loss of family time, etc.)
6. Assess your irritability quotient. Do you find yourself frequently saying, "Hurry up, we are going to be late?" How can you slow down? What can you give up?
7. Resolve to eat dinner together as a family at least 3 – 5 times a week, even if this is sandwiches before you head out to a game or lesson.
8. Schedule "goof-off" time for your family and children. Give your child down time to explore a hobby or play outside.
9. Set priorities for your family. How many hours a week do you want to be together as a family?
10. Take time as a family to enjoy God's creation away from home. Examples: Go to a park, go for a bike ride, go hiking, etc.

As Christian parents we are modeling for our children how to handle stress and how to balance our time. What lessons are we teaching our children? The Bible tell us in Psalm 46:10, "Be still, and know that I am God..." I'm afraid in our hurried society we are teaching children to "Be harried and know that I am God." We all need down time and time to answer the many beautiful, challenging questions our children have about God and our world. Make the time to slow down and enjoy the gift of your children.

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Domain Name Suggestions For Success

By Larry Evans

Ten Suggestions For The Overscheduled Child

Have you seen or read some domain name suggestions? What did you find? Some explanations and facts? Obviously, these are some of the basic questions when asking about domain name suggestions, and these questions often surface as the number of domain name resources and web sites provide some sorts of domain name suggestions to every reader or domain name holder.

The term "domain name suggestions" is such a vague concept. It may involve bad or good domain name suggestions and sometimes both. And oftentimes these domain name suggestions might mean something to the reader, depending on their level of understanding and interpretation.

Since the term domain name suggestions may mean something different from any people, I would like to state some of the common domain name suggestions mostly found in those pages for domain name suggestions. So if you are interested, you further read on.

Many resources were providing some sorts of domain name suggestions specifically about the consideration for selecting the best domain name. One of those common domain name suggestions for selecting a domain name stated that in deciding for a domain name, the name should be kept short. Although the maximum characters for domain name is 67, still you have to keep in mind that people need the domain names to be able to understand and remember, as well as to easily enter it into the browser. This one of the domain name suggestions further holds that the shorter the domain name is the better. So then, this first among the domain name suggestions for selecting a domain name maintained that you try to register the shortest name that your customers and visitors will easily associate with your web site.

Aside from such consideration taken from various domain name suggestions ever published, here comes another one of the common domain name suggestions which hold that the domain name extensions play a large role in the domain name. It is noted that there are several various domain name extensions that are available right now and each of those domain names extensions has their own distinctions and functions. When it comes to business matters, most of the published resources for domain name suggestions maintained that the .com suffix is the most common and the most profitable. But since the .com is one of the oldest domain name extensions, it thus shows that your business has been around for a while and that you have the most stable presence in the internet.

For much emphasis on the common domain name suggestions, here is another one of the notable domain name suggestions which hold that in selecting a domain name, one should avoid a trademarked domain names. In fact, many domain name suggestions have noted that trademarked domain names are not very nice, and also most companies really called their lawyers just to get their names back. And lastly, some domain name suggestions maintained that if you are really interested to register for a domain name, then you should register it as soon as possible before you loose the chance to get the name that you really desired.

So whatever the domain name suggestions hold, it is just important that you know how to balance their ideas with yours. Those suggestions are just there to give you some ideas, but the decision is in your hands.

Finally, Here Are Ten Christmas Fairytales That Have Been Written For The Children Of Today And

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They Are Poised To Become The New Classics For The New Generation! Visit

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