|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
|  |

|  |
| --- |
|  |

 |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Take Control of Your Family Life Now.****The pandemic has thrown a wrench into already hectic family schedules and you may find it too much to handle. Here are some tips to start balancing your family life.**Parents can be professional worriers. On some days, they worry that their kids are not being kept busy enough with structured activities. Other days, the concern is that extracurricular activities are eating up too much of your family’s time. Sounds like it’s time to take stock and rebalance.**The elements of a balanced family life.** Your family lifestyle comprises several elements, including work/family balance, family relationships, family fun, and personal identities inside and outside the family. Too much scheduled activity may unbalance your family life, creating anxiety and tension. Also, it can be just plain exhausting. What’s needed is the wisdom to intentionally balance your family so that all its elements receive their due.**Evaluate which activities add little value to family happiness.** Your community may offer a huge array of activities intended to accomplish certain worthy goals, such as team spirit, socialization, learning, civic responsibility, etc. However, building family relationships is also a worthy goal, and it takes some quality time. To carve out the time for interpersonal relationships, you may have to set a limit on the number of hours your kids participate in structured activities away from home.**Schedule family fun time.** Family activities should involve all family members spending time together. There are many pandemic friendly options, such as having a regular movie night at home, playing board games, backyard camping, taking walks, etc. Be prepared for some complaints, because pleasing every family member is hard. Address those complaints by teaching your kids about the value of spending time together, which takes precedence over which movie you see.**The power of “no”.** Balancing your family life requires the ability to say “no” to outside activities that compete for your time. That can be hard, because while each activity may be very worthwhile, too many of them rob you and your family members of personal time. As parents, you have the ultimate control over your family’s activities. Don’t be afraid to exercise that control in order to restore equilibrium to your family life.**Don’t forget your extended family.** Kids deserve the opportunity to interact with their grandparents, aunts, uncles, and cousins. Doing so broadens their understanding of who they are and how they relate to others. Perhaps an extended-family vacation sounds good to you. Contact me to discuss how to budget for this kind of event. You might be surprised at how many options you have!

|  |  |
| --- | --- |
|

|  |
| --- |
| LET'S CONNECT |

 |

|  |  |
| --- | --- |
|  | Tracking #1-05072907Expiration 11/23 |

 |

 |

 |