



# Milestones Learning Center Family Minutes

A resource from our family to yours

August 2023

## Work/Life Balance



### Don't be a distracted parent!

As the school season starts back up, everyone feels the pressure building. Schedules become more constricted, commitments to sports and after school events become a weekly occurrence, kids have homework, the traffic during the daily commute builds as "season" starts up, and we all try to multitask to get the most of our day.

The problem is that by doing all this, something has to give. We can become a distracted parent. Yes we are at the game but on the phone. Yes, we picked the kids up early from school but went home to work on the computer. Yes, we all had dinner together at the restaurant but no one talked because the kids played on their

tablets while parents checked emails or social media. This is not balanced.

### Step 1 - Create limits to have more family time

Creating limits to your daily/weekly schedule is **ok**. Making time to ensure that you have family time is essential. If your parent-child time is already limited to bedtime stories and bath time, it might be beneficial to everyone to not take the extracurricular class after school so that you can spend more time at the park or at home together. It is **ok** to tell a friend that you can not make a party or event because it is your designated family day.

### Step 2 - Create rules

There are simple rules to follow for work life balance to be achieved by parents.

1. **Get organized.** Create a family calendar or planner and be sure to block off family time.
2. **Make home a place to rest.** Make it a rule to leave work at work.
3. **Prioritize the kids.** Put the phone down when taking them to school or picking them up.

4. **Prepare the night prior.** Last minute tasks create stress and chaos.
5. **Establish family days.** Schedule days that do not include playdates with others; just the family.

Continued





### Step 3 - Remember why being present for your child is so important.

There are so many negative impacts on a child as a result of a distracted parent. There is a great concern when a parent or parents are continually distracted. A child who experiences parents that are not engaged with them are found to have stunted emotional growth. When a parent is always on their phone, working while at home and in the car, or not fully listening when their child is talking can result in the child feeling insignificant. Unfortunately, the replacement to fill the void of communication or to "babysit" the child, whether it be while parents are on the phone or when the family is at a restaurant, is the use of screen time. This exposure to technology

and a lack of interaction with their parents at such early ages can result in a delay in a child's brain growth and have a significant impact on their communication skills.

### Step 4 - How to make the most impactful moments

The first thing is to make eye contact with your child. When your child is talking to you or when you are talking to them, make eye contact. Try to be on their physical level when possible. Second, create a routine that is consistent and they can count on. Protect these routines. Designate time that is specific to hanging out with your child. Listen to them when they want to share with you. Show them you are aware of their feelings. Establish clear rules and expectations, often parents forget that children thrive on structure. Be very consistent in following this rule to provide a sense of security for your child.

### Parent benefits of a work life balance

Once a parent is able to find the balance they need to be successful in their work and feel a real connection to their family, they find they have less stress and more patience. They become more productive and feel happier. They find that they are healthier mentally, emotionally and physically.

Ultimately, achieving a work-life balance that places family at its core yields tremendous rewards. Striking this balance isn't just

about making time for family; it's about recognizing that these moments are the ones that truly matter and contribute to our children's growth and our own fulfillment. So, as the school season unfolds and the pressures mount, let's make a conscious choice to prioritize our roles as parents, embrace the impactful moments, and cherish the journey of raising our children with undivided attention and genuine presence.

### **FAMILY CALENDARS**

Utilize downloadable and/or mobile calendars to simplify your busy life and prioritize cherished moments together.

Free Download -  
Day and Month Printable  
Calendar Templates

<https://www.cozi.com/printable-calendars/>



### References

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