

Mom's Quiet Time 101

Learn to Take Care of Ourselves So We Can Take Care of Our Children



Goal for Each Mother:

To consistently have at least one hour of quiet time each day so we can re-create. This may include napping, getting caught up on tasks, reading, relaxing, or moving forward on a project we are excited about.

Initial Ideas:

- Moms (and children) need time to themselves to think, unwind, and have a little break. This isn't selfish.
- History is full of stories of successful people who have prioritized a daily nap.
- Mothers need to get adequate rest, nourishment, and care . . . or we will not have the ability or strength to sustain our families.
- Quiet time typically doesn't "just happen." It has to be created.

Thought questions: How do I feel about a daily quiet time? Do I believe this is a priority?

Foundational Concepts:

- Quiet Time is an appointment each day—just as important as any other appointment.
- In order to make it to this appointment each day, we may need to simplify our schedules or re-prioritize how we spend our time.
- Giving ourselves space in our lives to rejuvenate will help us to be more deliberate and present during our family time; however, it won't come automatically. We will still need to exert effort during our waking hours to live and mother intentionally.
- Having a daily quiet time will incentivize us (and our families) to create cleaning and housework routines that involve everyone in the home. If all of us clean together before or after quiet time, it is much easier for us to relax.

Thought questions: What could I do in my home and family to make it easier to apply these foundational concepts? Do I need to simplify? Do I need to establish better quality family time? Could we restructure the way we manage the housework?

Practical Tips:

- Establish boundaries on the hours we are generally accessible to our children (obviously, these are flexible if someone is hurt or sick). Explain this time frame to our children.
- Create a “quiet time space” for each person in the family.
- Prepare the entire family for the quiet time. Coordinate the quiet time with the youngest child’s sleep schedule.
- Get a timer or sound machine for each child.
- Create “tiered activities” to offer variety during quiet time - use the TV sparingly.
- Discipline with love as we stick with our plan. Offer something to look forward to.
- Have a clear plan for what we will do during our Quiet Times so that we are rejuvenated by the end.

Thought Questions: What is one specific thing I could do to prepare an environment to support our family Quiet Time? Do we need to de-clutter our home? Purchase additional toys? Simply have a conversation as a family?

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