

A Planner Perfect Tip of the Month

Slow to Rush

Getting out the door in a hurry with several of my small children has always ended up in a disaster. There are meltdowns, tantrums and I'm sure if they were able to articulate, would tell me that they had a completely different idea on how they wanted to spend their time.

With little patience to spare, it's easy to be too controlling with our little ones in order to try and gain compliance. Spend a little time planning now to save more time later. Here's a Planner Perfect tip: look over your schedule and figure out how you can adjust it to reduce the likelihood of having to rush your child. Write down an action plan to make your days run more smoothly. What if you got up a little earlier? What if you set your activities or appointments at a time your children are more likely to comply? This extra time enables you to be less stressed and gives you the patience you need if a child is being resistant. If going to the grocery store with your young children, make sure you allot yourself the time needed for bathroom breaks and slow strolls. This slower pace makes you a better parent and makes your children, happier.

Young children are people too, and with a little thought in our planners ahead of time, we can try to alter our environment more, rather than just their behavior.

Better planning equals less stress and more enjoyable times spent with our young ones. It's simply... Planner Perfect!