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 SEARCH


## Managing "Mommy" Time

Here's top 10 survival tips to help you handle motherhood.

By Hope Daniels

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We all want the mother of the year award, but sometimes when the going gets tough all you really want to do is get through the day without losing your mind or crying to *your* mommy! Here are some of the obvious and not so obvious top 10 survival tips to help you handle motherhood.

**Book Mommy play dates:** If there are any friends you now need to have in your life mommy ones are a must! These women will become your therapists, teachers and go-to gal pals.

**Make lists:** Call the doctor, pay the bills, don't forget to buy milk...Life speeds up once you have kids. Keep up with your responsibilities buy writing them down (simple, but very important).

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**Embrace the unexpected:** From keeping them on napping and feeding schedules to sticking to their routines, your job as a mom changes EVERYDAY! Learn to go with the flow and stay focused, this way you won't get blind-sided by any curve balls being thrown your way.

**If you're not a morning person, become one:** Jump in the shower, brush your teeth, get dressed and get primed and pumped for the day. If you take care of yourself before the kids rise then that's one less thing you'll have to worry about.

**Give Daddy duties:** Whether he's hands on or hands off, find a way for him to chip in and take the burden off of you once in a while. Break down your daily chores and ask him to be in charge of one...or two...or three...!

**Get outside:** Kids are active. You may think keeping them at home is easier, but you'll find staying inside may be more tiring for you. Avoid cabin fever by letting them be free. You'll bring back a few memories and laughs to look back on, too.

**Welcome conversation:** If you're having a bad day find someone to vent to. Reach out to your family, friends, or possibly another mother you just met on line at the grocery store. Sometimes you feel all alone, but others may be happy to hear and help.

**Reward yourself:** Don't feel guilty about pampering yourself. Anyone who has the pleasure of being a mom won't judge you. Getting a massage or buying yourself a gift will help you feel rejuvenated and refreshed.

**Become the mother you'd admire:** Whether you have a perfect baby or a baby *zilla* trust that you can handle every tantrum, bruise and sleepless night. Although certain events are uncontrollable, know you can stay cool and hopefully pass your wisdom on to others.

**Get your kids into your hobbies:** Tired of playing peek-a-boo? Just because you have kids doesn't mean you only have to play kids games. Get creative and introduce them to something you enjoy. Whether it's working out, cooking or reading they'll just be happy to be with their mommy!

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*Hope Daniels is a freelance writer based out of the tri-state area. From pets to parenting to pop culture, you can ask her to write about any life topics, just dont ask her for directions!*



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