

Balancing Work and Family



Most families have a daily schedule: get up, get the children and themselves ready for the day and off to school and work, come home, prepare dinner, help the children with homework or taxi them to after school sports and other activities and get up tomorrow and do it all again.

Now that school is back in session, parents may find the morning routine even more challenging than in the summertime when they didn't have to get their children ready for school. Running late and feeling rushed can cause significant stress for parents, and children, at the start of a work day.

The Triple P – Positive Parenting Program offers some tips to parents to help mornings run more smoothly:

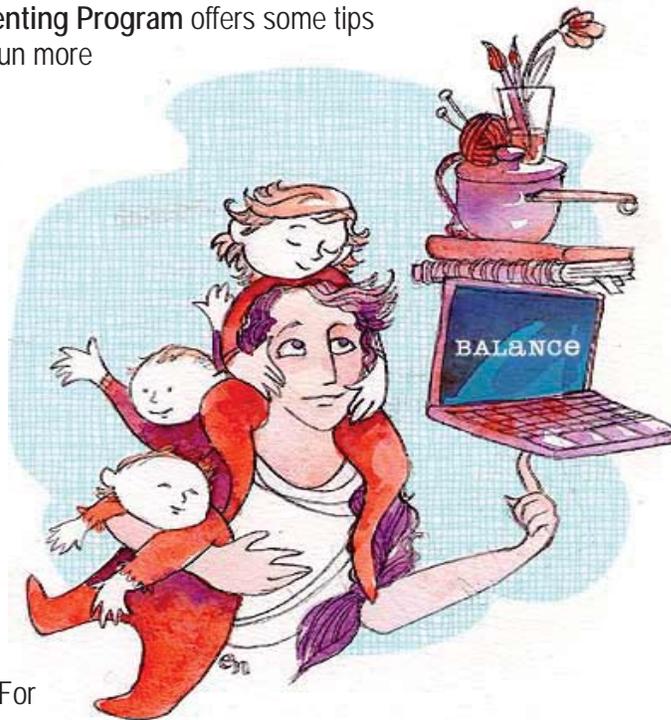
1. Plan ahead. Take time to organize the things you need for work, as well as the items your children need for school, the night before. It also helps to have an established bedtime routine as well as a consistent wake-up time in the morning.

2. Teach your children the skills they need to manage their part of the morning routine. Parents choose what skills to teach. For younger children, these can include learning how to get dressed or brush their teeth. For older children skills may include learning to wake up with an alarm clock or getting themselves something to eat for breakfast.

3. Try to avoid conflicts in the morning with other adults or children. An angry early-morning argument can leave everyone in the family feeling badly as the day begins.

4. When you're at home, make home life a priority. Stress can result when parents spend time at home worrying about work. The same can be said for work - when at work, make work your priority because worrying about home life while at work can also create stress.

5. Take care of yourself as a parent. If you are feeling stress or pressure, seek the support of friends and colleagues or seek professional advice.



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The Triple P - Positive Parenting Program aims to promote children's development and manage children's behavior in a constructive and non-hurtful way.

It is based on good communication and positive attention to help children develop.

Children who grow up with positive parenting are less likely to develop behavior problems.

Triple P providers are available in your area.

To find local Triple P providers, parenting tips and other information visit our Web site at:

<http://tpinfo.sc.edu>

