Seven ways to find more time for family life

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AND THE EXPERTS FOR ADVICE ON HOW BUSY PARENTS CAN GET THE MOST VALUE OUT OF THE TIME THEY SPEND WITH THEIR CHILDREN

As a mother of twins, I’ve learned the hard way that finding more time for family is one of the biggest challenges in parenthood business. It’s easy to get caught up in the daily grind of managing work and family life, but it’s important to remember that time spent with your children is the most important investment you can make. Here are seven tips to help you find more time for family:

1. Make the most of “freeslots” in your schedule.
   - Use tiny snippets of time to talk with your children about their day, their friends, and their interests. This can be as simple as passing the time during a car ride or a waiting period.

2. Take advantage of small pockets of time.
   - Whether you’re cooking dinner or folding laundry, make sure to engage in conversation with your children. Even a few minutes can make a big difference in their day.

3. Use technology to your advantage.
   - There are many apps and games that can help you keep your children entertained and engaged, allowing you to get things done without sacrificing quality time.

4. Set rules for play and rolemodel.
   - Establishing clear boundaries for playtime and leisure activities can help you manage your time more effectively. By setting rules, you can ensure that your children are getting the attention they need while you’re also able to focus on your own tasks.

5. Pay less attention to bossy phrases your child can use to ask for what they want.
   - Demanding things can come across as rude and demanding, so think twice before reacting to your child’s requests in an inappropriate manner. Instead, encourage them to express their needs respectfully and calmly.

6. Defuse power struggles by offering your child a toptip.
   - When your child tells you to get them something, try to give them a helpful suggestion instead of just doing what they say. This way, you can teach them how to think critically and problem-solve on their own.

7. Try rolemodelling through play.
   - If you want your children to learn how to manage their time effectively, show them by setting a good example. For instance, you might begin by setting a timer or using a calendar to keep track of your own activities.

By implementing these tips, you can find more time for family life and strengthen your relationships with your children. Remember, the key is to be present and engaged, even if it’s just for a few minutes at a time.