

# Juggling Your Family and Your Work

By Teresa King

Juggling Your Family and Your Work

Teresa King  
teresa@netswan.com

Tips for Top eBooks and Marketing <http://www.tipsfortop.com>

Is your house a chaotic mad house with unfinished chores, rushing out the door to get to work, and trying to stay organized?

You are not alone.

It is a Super Person to be on call for your family 24 hours a day. It is a double Super Person who has that job and a "Real World Job" to bring in a pay check.

Little Tommy needs to be at little league and little Susie has to be at her piano lessons. The pets need feeding, the plants need watering, and if you have a spouse, he/she needs you too.

By the time you have managed to get to work on time, get the grocery shopping done, and dinner on the stove, you have had a very full day. But alas, you know as well as I do, it just doesn't stop there.

School clothes need to be ready, laundry, dishes done, homework chased after, and PTA meetings are just some of the multiple chores that one has got to do.

Okay, you know it is work that has to be done. This leaves you two choices: You can be overwhelmed with it all, or you can get organized.

Whether you work in your own home, or you have a career outside your home... the first thing you need to do is get is a large calendar. The calendar should be put on a wall in an area where it is accessible to the whole family. Have it with a pencil, chalk, crayon or whatever implement for writing that you can find and each night make sure you are prepared for the next day by reading the calendar.

You also need a bulletin board, with a pins and a note pad that can easily be written on, and pinned to the bulletin board for reminders, from what needs to be purchased for groceries or making doctor appointments.

For your desk and bill paying, you need an in basket, out basket, a to do (pending) basket, and a to be filed basket.

For your house, you need one junk drawer, and several laundry baskets. The baskets can be used for throwing toys in that go upstairs or downstairs, or for you child's entry to dump their books and homework in. Or, ( brilliant thought) they can be used for laundry, too :)

Designate chores for your whole family.

It is a fact, that children feel more part of the family when they are given some responsibilities. This does not mean make a slave out of your child. However, even your two year old can help. He/she can be set to work, putting folded laundry in their bottom drawer, putting their toys away, to even being given safe dishes to help you put into the dishwasher. They can do all kinds of things for you from throwing away their dirty diaper, or getting one for you, if they are still in diapers.

Whatever age they are, they can help. If you have a spouse, you need to talk to him/her and find out what each of you will take the responsibility for.

A family should be filled with willing, helping hands. Teach them right when they are young. If they want allowance, then let them know what their responsibilities are to get that allowance. Stay consistent with your children and you will be deeply rewarded.

When you work and have to get your family ready, you need to be prepared for emergencies, from an extra white shirt/ blouse in case of spills before you walk out the door. You need to make sure your car has gas, or that you have bus/subway change/tickets. And, you need a friend who you can call in an emergency in case of a serious accident or something that somehow got past your new organized skills. No one is perfect!

Plan your days off with specific things that need doing, such as when to wash the toilet, to vacuuming. Again, get the whole family involved. You can try all kinds of things, from putting different chores inside a hat, and have your kids pick one. You can sing and create a family, loving atmosphere and turn the work into FUN. Or, you can play some upbeat music for an hour while everyone bounces around, and gets those pesky chores done.

Also, plan for some quality time with your family. This could be special time set up so that each person gets positive attention from you.

If you work at home, you need to set up a schedule when, unless an emergency, you will not be interrupted by friends or family.

BUDGET.... sit down and think about what you can give up to have what you want. Like you might decide to give up your latte each day, and take coffee from home with you, and use that money to hire in a teenager to come in on two Saturday's per month to work for a couple of hours, or to babysit for you while you get your necessary work done. Or, go somewhere to get some quiet time, such as the library.

Remember how to laugh. Children laugh approximately 400 times per day, while an adult laughs 15 times. Put some enthusiasm in your life, and stay positive with the things you cannot change, and change what you can.

And, most importantly, make some time for you. Whether it is an extra long bath or shower, or getting your hair done, or getting a couple of hours to go shopping by yourself or watch a football game. Learn to have some time with yourself, because in this hectic world, you need to learn how to relax.

Remember, if you can take care of ninety percent of what you are doing, the other ten percent will take care of itself.

Teresa King (c) 2003

\*\*\*\*\*

Teresa King is a work at home writer and entrepreneur, Delight yourself with her book, "What Did Mama Forget to Teach You" <http://www.tipsfortop.com/whatdid.html>  
Sign up for her newsletter for more articles  
<http://www.tipsfortop.com>

[Get-Articles.com](http://www.get-articles.com) : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](http://www.get-articles.com)