

Making Momsense!

Timely tips and a treasure of insight on one of the greatest challenges of motherhood . . . how to take care of yourself, while you're taking care of so much and so many.

**By Peggy Kline, C.N.O.
(Chief Nurturing Officer™)**



MAKING MOMSENSE OF HOLIDAY HASSLES

The Halloween candy is barely *off* the shelf of our local grocery stores. Yet *up* go the lights and loads of holiday fan fare everywhere. We know the chaos is coming, the chaos is coming, the chaos *IS* coming! The calendar tells us and so do our children who gawk at the tempting toy ads on TV.

Whether your holiday celebration is Christmas, Hanukkah or Kwanza this is the time of year that is filled with the excitement and past traditions. It can also be the demise of the family budget and the culprit of over-commitment!

I have often wished I could be more like Santa. He goes back to his workshop in January and begins planning for the next season. Many of us moms are more inclined to greet the word December on the calendar with an OH-OH-OH and a Merry Rush-mas!

How about deciding this year will be different. No more heart-sinking as we watch holiday dinners that took us hours to prepare . . . vanish in minutes. Gone will be the fretting over a bulging budget as you watch the avalanche of crumbled up gift wrapping. Be free of the festival fatigue which always finds your house FULL of the season and your body EMPTY of energy.

Children should not be the only ones with a Holiday Wish-list. Mothers need one too! Here is what you need to have on your Seasonal Sanity List:

ABOUT DECKING THE HALLS

Wanting your house as shiny as Rudolph's nose is an admirable goal. However, be sure to set realistic cleaning priorities for all your holiday happenings. Delegate some of the tasks to your own little "elves." Finding age appropriate tasks for your children helps them to feel a part of the holiday preparation. Never are they more motivated than just before "gift-giving." This clearly can be used to a mother's advantage!

AVOID CALENDER CLUTTER

Too many parties, and places to go to, chronic calorie consumption and putting up with people who test your patience more than your children, too often dominate our social schedules this time of year. How about filling your calendar only with holiday essentials this year – family festivities, religious and school functions. Spend more time with loved ones, hot chocolate and warm fires. Will you really miss paying babysitters or crisis over what to wear and too much holiday cheer?

Peggy Kline, C.N.O. (Chief Nurturing Officer™) is the founder of Mothering Moms Inc and Motherhood University. She is an award winning national speaker and author. Visit www.motheringmoms.com, for more much deserved T.L.C.!

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REASON WITH YOUR REALITIES

Give yourself the gift of acceptance this season. Accept that: the bathroom still isn't painted, you didn't lose the 10 pounds you planned on, the holiday cookies may be bought instead of baked, and yes, you have relatives that you cannot believe you share the same gene pool with. Just lov'em and learn to rely on a bit of patience. Don't let your own list of "ba-hum-bugs" steal your spirit!

SHARE THE SEASON

Nothing humbles us more when it comes to the holidays than helping those who would not have much to celebrate with out generous hearts that are willing to donate. Contact your home of worship, community services or a nursing home. You will find countless ways to experience the real gift of giving. Make this a time honored tradition in your home to teach your children to help others. Our families can gratefully feast on humble pie and count our blessings all at the same time.

CREATE MEMORIES NOT MIRACLES

If you find that you cannot fill your child's wish-list because it was over-zealous or the toy store was under stocked - don't despair! All too soon the glitter is gone and toys are outgrown, lost or broken. What your child will always have is the gift of childhood memories you've created with special care. Remember . . . the most precious gift of time is what truly needs to be shared.

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