

## ***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™)**



### **“I Want to be Alone!”**

The dishes are done and the laundry is finished (ok, so it's at least in the basket waiting to be folded) and yes, you think you should sit down and pay bills or fill out the school forms but.....ENOUGH! That's right, sometimes you just have to say enough. All day long you've been surrounded by human beings in all forms; very little ones and big ones and some big ones who act like little ones. Becoming a monk in a monastery suddenly has great appeal. How else can you get two minutes to yourself? You don't require much entertainment, just listening to your fast paced breathing settle down to a calm rhythm.

You know you need an oasis all your own, but getting the bathroom all to yourself is challenging enough! So just how does a mom morph herself into an object that will not be noticed or disturbed. Where there is a will, there's a place to get away!

#### **Little things mean a lot**

A major study on today's mother indicated that one of the major stress factors in her life is that she ends up dead last on her daily list or often completely neglected. Shall I tell them now that they wasted their money on this study? Any mom who is managing kids, career, and finding time to get the dog into the vet to be neutered could tell you that!

The harsh reality is that while time to yourself may be every mother's necessity, it is also her greatest fantasy. So on some days you may be last on your list, but don't be forgotten. Time will run out and so will your energy. Look for the little moments:

Going to bed an extra 15 minutes early

Reading just a few pages in the book you can't seem to ever finish

Sitting on your porch and remembering a special moment in your life

Puff up your pillows, lay back and relax for 10 minutes

Stop and say a little prayer for patience for 5 minutes (depending on the plea. . .longer!)

Exercise to a video or hop on the tread mill for 20 minutes

Go for a walk and promise you'll return

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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](http://www.motheringmoms.com), for more much deserved T.L.C.!

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## It's In the Details

Amazing how a mother manages meals, family budgets, careers and keeping her house clean enough to keep the health department at bay. This all takes a lot of commitment and coordination to accomplish. Moms just need to use these same skills to create some time she can call all her own. Since you have become a mom, being spontaneous may now mean that instead of having Hamburger Helper on Tuesday night, you splurge and have it on Monday. Instead of whining and wondering why you don't have a moment to yourself, you work out the details so you do. It won't just happen!

Plan a day away

Line up a little help to make it happen.

Ask the dad to be on duty

If not dad, make arrangements with your own mom, a neighbor, friend or other mother

Do you just need an hour or two to feel as good as new? This is where networking pays off. In any profession the name of the game is who you know. Motherhood isn't any different.

Make sure that you create a support system with other moms. Who else would really understand your elation about a dry diaper, your panic at trying to find a potty in the middle of a mall or the silent rage from clean laundry being thrown back in a hamper. . . only another mother. She also understands your need for a time out too.

Together, you can figure out a schedule to trade taking care of each other's children so you can both ultimately look forward to being back in the pandemonium that is such a special part of your life!

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