



DO YOU HAVE THE CUTEST BABY?



HOME

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HEALTH

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PARTIES

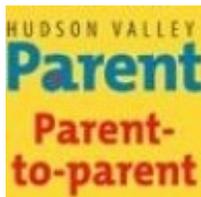
PLACES TO GO

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10 reasons why warm weather rocks

HVP



As your parenting magazine, we look to you to share your experiences and we will pass the information around.

Making Time for you.

Sarah Ludwig Rausch is a mom of four and a freelance writer. Sarah specializes in parenting, children's health, agriculture and family issues and writes a blog, "Parenting By Trial and Error." She's written for *The Christian Science Monitor*, *The Progressive Farmer*, *Farm Industry News*, Singapore's parenting magazine *Motherhood*, and a variety of other publications.



Making time for you...

The early years of motherhood are tough. Trying to find time to brush your teeth, let alone get a

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Your Answer

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Post Your Feedback

shower, can be daunting. Even going to the bathroom in peace may be too much to ask for some days.

I never understood the Calgon commercial that used to be on TV when I was kid. It pictured a harried, stressed-out mom with her ill-behaved, shrieking children, exclaiming, “Calgon, take me away!”

“What’s her problem?” I wondered whenever I saw it.

Now I know.

Taking a bath by myself with no interruptions is pure bliss. Heck, using the bathroom without people banging on the door or barging in is heaven.

Peaceful moments are paramount to mental health when you’re the parent of young children. You simply must have them. Whether it’s a long, quiet bath, a day to yourself, or a weekend away, time to unwind and regroup has to be a priority.

I just got home from a girls get-away weekend with my friends. It was perfect timing. I spend most of my days alone at home, usually with at least two of my four kids. It was time for a break, so when my friend mentioned that she was going to sell jewelry at a craft show, I and another friend invited ourselves along.

We stayed at a resort on the Missouri River where the theme for the weekend was Ladies’ Time Out. They had parties for us both nights, door prizes galore, snazzy drinks and free stuff. We stayed up late talking, stood in line for 2 hours to have our palms read at the Pajama Party (it was worth the wait), got help with our temporary tattoos from two cute guys at the Harley Party and ate donuts every day.

By the time I arrived home yesterday, I was relaxed and ready to face the kids and the house again. Even better, the kids and their dad were at the circus, so I had a few hours to get things organized and to regroup.

The kids were excited to see me and I was happy and comforted by their hugs and stories of their weekend. Recharged and missing their sweet voices and expressive faces, I was happy that I had gone on the trip. It was just the getaway I so badly needed.

OTHER BLOGGERS

Jan 10, 2014

betanne513



The Great Escape

The Great Escape for me has always been a good book, cliché but true. I love to read and thankfully my daughters share the same passion. Their bookshelves are overflowing, and tripping over a stack of books is pretty commonplace around here. Take us to a bookstore and there will be some serious ...

Jan 20, 2014

Discount Diva



Love It or List It

A strange phenomenon happens sometime between your late 20s and early 30s. You start watching shows on HGTV where home envy runs rampant. Buying homes, selling homes, renovating homes, and on and on. Once you’re a homeowner you find yourself drawn to these shows either for purely voyeuristic p...

Jan 15, 2014

Jason M



A lost blog from the Holidays and my head

When I set out to start writing this blog, my hopes were to help out other dads of a child with special needs. Much like writing a journal, I would use the platform to let people know that whatever it is you are thinking is ok. Part of me found this to be therapeutic. From [...]

Jul 22, 2013

JesseDuJour



I know you've heard this a zillion and one times, but taking time out for yourself is not just a luxury, it's a necessity. It gives you more patience, appreciation and a chance to remember who you are. We get so caught up in raising our kids that we often lose our identities. We are not just parents, we're spouses, sisters, daughters, nieces, friends. You know those moms who are bewildered, depressed and don't know what to do with themselves when their last child leaves the house? It's because they have wrapped their entire lives around the kids and when the kids leave, there's nothing left.

Don't become one of those moms. Do something for yourself every once in a while, and for heaven's sake, don't feel guilty. You are far more upset about it than your kids will ever be. (Case in point: Ever notice how when you call home to check on things, feeling sick with worry, the kids not only have been having a blast with the baby-sitter, but they've practically forgotten who you are? Trust me, my friend, you care far more than they do.)

Plan something today, whether it's an afternoon out with your girlfriends, a long walk around the park, a weekend away or seeing a movie by yourself. You're not a bad person for needing a break.

Go.

Take a break.

Enjoy!

Posted in Baby and Me Tagged: making time for yourself, mom, self help

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OTHER POSTS BY THIS BLOGGER

It's not what you say, but what you do that matters

Aug 16, 2012

Every summer since we moved up to Monroe from Long Island we've taken time at the Jersey Shore. (A name which has now taken on a whole new meaning for reasons I won't get into.) But for eleven

Get out of my bed!

As I like to start most off my posts I will say, I love my kids. Now that that's out of the way lets get to the dirt! I want my kids out of my bed! At 7 and 3 years old they are still little enough and cute enough to get away with sneaking [...]

Jul 1, 2013

jpakenham1



Can I pee in peace?

We have all been there. We know the deal, once you have kids nothing is off limits. This includes the bathroom. I enjoy my kids so much and love how cute and adorable they are right now. But I cannot wait till they grow up and get out of my bathroom!! It doesn't matter how [...]

Jan 15, 2014

lisabock



Summer Regression

If you are a parent of a special education student and notice it's hard for your child to get back in the swing of things after the long winter holiday, your child might be a good candidate for extended school year. This is an option for a six week program (or more, if appropriate) to [...]

Dec 19, 2013

Stephanie



A Year in the Life of a Kitchen: (Gluten-Free) Christmas Cookies

Santa's almost here, and that means it's Christmas cookie time. We plan to make our cookies on Monday and Tuesday so they'll be fresh for Christmas eve. If you're looking for a recipe for a simple, kid-friendly cookie that the little ones can help create, check out a few of o...