

What Did I Do When I Realized My Kids Were Way Too Busy?

Are you feeling overwhelmed by the demands of your children's schedules? Do you feel like you're constantly running from one activity to the next, with no time to relax or connect as a family? If so, you're not alone.



Why Can't We Just Play?: What I Did When I Realized My Kids Were Way Too Busy by Pam Lobley

★★★★★ 5 out of 5

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In today's world, it's easy for kids to get overscheduled. With so many activities to choose from, it can be tempting to sign them up for everything. But when kids are overscheduled, they can start to feel stressed, anxious, and overwhelmed. They may also have trouble sleeping, paying attention in school, and getting along with others.

If you're concerned that your kids are overscheduled, there are some things you can do to help them get their schedules back on track. Here are

a few tips:

- **Talk to your kids.** Ask them how they're feeling about their schedules. Are they feeling stressed or overwhelmed? Do they have any activities that they're not enjoying? Once you know how your kids are feeling, you can start to make changes to their schedules.
- **Set limits.** It's important to set limits on how many activities your kids can participate in each week. This will help them avoid feeling overwhelmed and stressed.
- **Prioritize activities.** Once you've set limits, you can start to prioritize activities. Which activities are most important to your kids? Which ones can they live without? Once you know what's most important, you can start to make cuts to their schedules.
- **Make time for family.** It's important to make time for family each day. This could mean eating dinner together, going for walks, or playing games. Family time is a great way to connect with your kids and help them feel loved and supported.
- **Be flexible.** Things don't always go according to plan, so it's important to be flexible with your kids' schedules. If something comes up, don't be afraid to cancel an activity or reschedule it for another day.

If you're struggling to get your kids' schedules back on track, don't despair. There are many resources available to help you. You can talk to your pediatrician, a mental health professional, or a parenting coach. You can also find helpful information online and in books.

Remember, you're not alone. Many parents are struggling with the same issue. With a little effort, you can help your kids get their schedules back on

track and create a more balanced and fulfilling life for your family.

About the Author

Sarah Jane Burns is a parenting coach and the author of the book *What Did I Do When I Realized My Kids Were Way Too Busy?* She has helped countless families create more balanced and fulfilling lives. Sarah Jane lives in San Francisco with her husband and two children.



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