

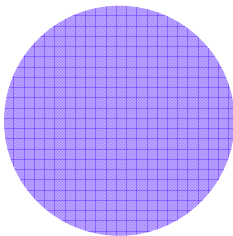
July 2009

Inside Busymummy

The Magazine for Busymummy Coaches

Special Interest Articles:

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Managing Time

Your life as a super busy parent is no doubt b-u-s-y! You probably spend much of your time rushing from one activity to another, from home to work, work to home, etc. with no extra time for dawdling.

Allow yourself to slow down from time-to-time and take in the moment. Have you ever had your child appear grumpy or frustrated when you picked her up at daycare at the end of a hectic day? Have you ever had your son take the long way to come to you when you were in a hurry? Have you ever been too busy to notice the field of flowers, baby deer, and beautiful butterfly? Are you ever *not* busy?

Being in the present and being mindful of the moment will allow you to savor time more generously. It will help you be ready to act now. If your goal is to be an attentive loving parent, despite the need to juggle work and home demands, picture yourself in this situation. You've left work a few minutes late after an unbelievably stressful day. You stop by to pick up your child at school before running to the bank, dry cleaners and grocery store on your way home. You still need to make dinner,



fold the laundry, help with homework, and straighten up the house. However, when you arrive at the school your child seems very distressed about something.

Although you have many things you need to do, now is the time to review your goals and tune in to your child. A few minutes of your full attention and mindfulness can savor an hour of tension and tears later on. It can also help your child feel valued, loved and respected.

I've also heard my own children or others plead for just a few more minutes when they were at the park, a friend's house, or in the pool. Many times I've hurried them along because we didn't have any extra time. However, during the occasions when I granted the few more minutes to allow them to finish what they were doing and relish in their activity, the results were worth it! So now rather than answering their plea with "no, we're too busy", I grant them just a few more minutes very often.

The trick I learned is to warn them about 5 minutes sooner than I feel we need to go (so that we have the cushion already built in). Also, it's important to firmly



" It's how we spend our time here and now, that really matters. If you are fed up with the way you have come to interact with time, change it."

Marcia Wieder

The trick I learned is to warn them about 5 minutes sooner than I feel we need to go (so that we have the cushion already built in!). Also, it's important to firmly stick to it when it truly is time to go. Once you've informed the kids that you must leave, do not engage in a conversation or begin other activities. I've observed many moms who get the kids ready to go and then chatter on with their friend while the kids are either restlessly waiting or finding other activities to participate in.

Just a few more minutes may provide the time to slow down and really enjoy the important things in your life.

TAKE ACTION CHALLENGE:
Get time on your side by allowing your children *just a few more minutes*. Enjoy watching them engaged in an activity and having fun.



Staff Update

We are delighted to welcome the following members of staff to the team.

[Alexia Padgham](#) joined us on 29 June and will be dealing with all Busymummy workshops and Young Parent Groups. Her email address is alexia@busymummy.co.uk.

VACANCIES

We have a number of vacancies, please see the vacancies section at the end of this newsletter.



Team member of the Month

This month we did not receive any nominations - please remember to send in your nominations for yourself or your colleagues as we love to praise good practice.

If you would like to nominate either yourself or another member of staff for Team Member of the month email me your reasons to rachel@busymummy.co.uk





Case Study

If you can imagine it, you can achieve it; if you can dream it, you can become it.”

William Arthur Ward

<p>Briefly describe the relationship between coach and candidate: <i>X and I get on quite well and I am able to gently tease her into opening up about how she feels about things that can sometime stop her from doing the things that she would like to do.</i></p>	<p>Please give details of one GROW conversation that you have had with your candidate. <i>We looked at what was stopping her going alone and it was the uncertainty of talking to other people and feeling as though she was the odd one out. We looked at other times she has gone somewhere with her daughter like starting nursery and staying to settle her in. We then discussed ways that she could start conversation and ways that conversation naturally starts when you have children. We also looked at her expectations and talked through different coping strategies depending on different scenarios. Lauren was pleased and said that she would go to the next group on her own.</i></p>
<p>Do you have any challenges with this candidate? Please explain: <i>X can sometimes put obstacles in her way when she is feeling insecure but we are usually able to work through them.</i></p>	<p>What other comments would you like to make: <i>I enjoy working with X as she is happy to look at different situations and try to find ways that she can improve things for herself and her daughter.</i></p>
<p>What have been the biggest achievements that your candidate has made this month: <i>X has worked well through her unit 2 and three and got her connexions visit organised quickly.</i></p>	
<p>Would you recommend any additional support with this candidate? <i>X would like to get out more and she has been given details of clubs – she would probably benefit from a group of young mums.</i></p>	



Competition

Past copies of the newsletter can be found on our website www.busymummy.co.uk

We still need entries to our recipe competition. We have application leaflets here in the office and if you think you can help by handing out leaflets at your meetings, please email us.

We are asking young parents to send in their favourite recipes that they cook for either themselves or their children.

Winning entries will be included in the recipe book and contestants will receive a copy of the book and an invitation to the launch event.

For more information email: natasha@busymummy.co.uk



Staff training

Busymummy staff are eligible to attend training at no charge.

Our next training day is on:

22 July, Kent

Using a Life Wheel with teenage parents

For more information, email

rachel@busymummy.co.uk

Busymummy Newsletter

The June newsletter was about **Engaging with Education** and has lots of useful links. Please do take time to read it.

Our next issue is on the topic of **Physical Health**. If you would like to be featured in the newsletter please send your suggestions to

rachel@busymummy.co.uk



Water Cooler

If you have anything that you are doing in the next month that you would like to have featured here let us know - you could be attending an interesting course, raising money for charity, celebrating your birthday - whatever it is let us know and we will feature it here



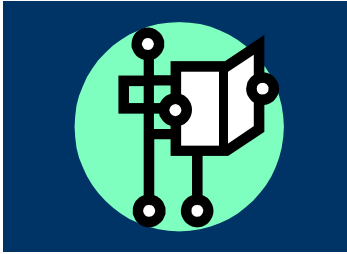
*If it's not fun,
you're not
doing it right"*

Bob Basso

Groups Update

We are currently preparing for our next set of young parent groups to start in September. We will be running multiple groups across the UK and if you know of a region that needs a group, then please do get in touch and we will get the ball rolling

Let us know about your group, where is it, what time, what are you planning etc



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Parent Professionals*

We're on the Web!

See us at:

www.busymummy.co.uk

Current Vacancies

We are currently recruiting the
followers:

Group facilitators in Kent.
Operations Manager in Kent
Mentor Coach, Nottingham
Home-visit Coordinator, Coventry

For more information, email

rachel@busymummy.co.uk

Book Review

*Send in your review and if we feature
it we will send you a £10 Amazon
voucher.*