

Family Routine & Mommy Self-Care

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Happy Parent's Happy Kids

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Introduction

Our lives are always changing and evolving. One day we wake up and everything is different. Whether it's a new job, a new baby, or a new house, change is constant. And with change, come new challenges. One of the biggest challenges we face is how to maintain some semblance of normalcy in our lives.

One way to do this is to create a family routine. Spending time with your family is always fun and enjoyable. Another is Self-care which is another important element of maintaining a healthy lifestyle. As mothers, we often put our own needs last on the list. But if we don't take care of ourselves, we can't take care of our families. Self-care is not a luxury, it's a necessity.

We know "Family is FAMILY", there can be no other replacement for it. Not only do families take care of one another but they also contribute to helping one take care of themselves. In this book, we'll explore the benefits of having a family routine and offer some tips on how to create one that works best for you. Also, this guide will discuss the importance of self-care for mothers and offer some ideas on how to incorporate it into your daily routine.

A family routine can help provide structure and stability in an otherwise chaotic world. It can also be a great way to bond with your family and make sure everyone is getting the care and attention they need. By the end of this book, you will be acknowledged with everything you need to create an ideal routine for your family.

Chapter 1 - The Concept of Family Routine

In today's fast-paced world, it can be difficult to keep up with the demands of work, family, and social obligations. It's important to find ways to relax and unwind, or we can quickly become overwhelmed. And having a family routine can help you with this like nothing else.

A routine is a set of actions or tasks that are regularly done in the same order. A routine can be as simple as brushing your teeth each morning or as complex as a workday schedule. For families, routines provide a sense of stability and order in an otherwise chaotic world.

Routines can help ensure that everyone in the family gets the care and attention they need. They can also be a great way to bond with your family and make sure everyone is on the same page. By having a routine, you can avoid arguments and misunderstandings about who is responsible for what.

By taking some time each day or week to focus on your family, you can help reduce stress and create lasting memories. There are many different ways to create a family routine. Some families prefer to have a strict schedule that everyone follows. Others prefer a more relaxed approach where each member of the family is responsible for their own activities. The key is to find one that works best for you and your family.

Now that you understand the importance of having a family routine, it's time to start creating one. The first step is to sit down with your family and brainstorm some ideas. What activities would everyone like to do? What are some things that need to be done each day? Once you have a list of ideas, you can start putting together a schedule.

While creating a routine for your family, some points are worth keeping in mind. Here are some tips for helping create a family routine:

- **Start small:** Don't try to do too much at once. Start with a few activities and build up from there. Starting a hectic routine with many goals can lead to early exhaustion and consequently giving up on the routine.
- **Be flexible:** Don't be afraid to change things up if they're not working. What works for one family might not work for another. There's no right or wrong way. You will learn on the way what is ideal for you and your family. Be flexible in your planning as it is meant to relax you and not the other way round.
- **Get everyone involved:** Family routines are more successful when everyone is on board. Ask each member of the family what they would like to do and make sure everyone is comfortable with the schedule. Involve your kids in the process of creating a routine. They'll be more likely to follow it if they have a say in what it is.
- **Make it fun:** Try to make the activities you choose something that everyone will enjoy. This will make it more likely that everyone will stick with the routine. It should not be so dry that it takes all the joy from life.
- **Promoting a positive environment:** Create a positive and light routine. Take out time to acknowledge each others' needs and efforts being put into the routine. All members of the family should feel loved and accepted.
- **Be consistent:** Once you've created a routine, stick with it. Consistency is key when it comes to forming habits. It will not only be beneficial for harmony and successful relationships in your family but it will also instill a sense of responsibility in your children. They will learn to be disciplined and give up on a sedentary lifestyle.

Creating a family routine can take some time and effort, but it's worth it. Having a routine will help your family to be more organized, productive, and happy. So, what are you waiting for? Get started today!

Chapter 2 - How to Create a Family Routine?

In case you are wondering what should be involved in the routine of your family, we have tried ensemble an easy, productive and to the mark routine outline for you. It does not need to involve extravagant or fancy activities in it. The following, according to us is an ideal family routine that can help prepare children for life and help mothers take care of themselves.

Let's look at a sample good routine;

- Wake up early in the morning and spend some time quietly reading or relaxing. Taking a morning walk on your lawn or just strolling on your porch can also be a good choice.
- Have a nutritious breakfast together as a family. It should be light and healthy. The breakfast should not include a load of sugary foods or carbonated drinks.
- Get ready for the day and get the kids ready for school. Teach them punctuality by carrying out these steps in time.
- Make sure the kids have everything they need for school, such as backpacks, homework, lunch money, etc. Drive the kids to school and say goodbye.
- Go to work or run errands. Cleaning, grocery shopping, or doing laundry are some examples.
- Pick up the kids from school and take them home. Ask them about the day and encourage them to share their experience with you.
- Make dinner or do any other necessary chores around the house. Spend time with your kids, and do some fun activities together. You can do cooking together or introduce your kid to processed arts.

- Spend time playing with your spouse, have supper together, talk about the kids and discuss your lives. Appreciate each other's efforts.
- Have a family dinner, in a positive home environment. Read your kid's stories before bedtime.
- Go to bed early to get a good night's sleep and prepare your body for the next day.

This is just a rough outline of your family routine. It should time to time include recreational outdoor activities, keeping a check on your family members, putting some extra care during the examination days, supporting your children and helping them in making life choices, keeping a track of their growth milestones and psychological development.

Family Routine Changes With Growing Kids

As children grow and develop, their needs and routines will change. You may need to adjust your family routine to accommodate their new stages of life. Here are a few things to keep in mind as your children grow:

1. Toddlers need plenty of activity and exploration. They are trying to do things their way. Their routine should include plenty of time for playing, learning, and exploring.
2. Elementary-aged children need structure and consistent rules. Include plenty of activities that enforce good habits, such as homework, chores, and reading.
3. Teens need space and privacy. They will likely want more independence as they enter their teenage years. Try to give them some freedom while still providing guidance and support.

The needs of your children will change as they grow, so it's important to be flexible with your family routine. Be prepared to make adjustments as needed to ensure that your children are thriving developmentally and emotionally.

Chapter 3 - The Importance of Self-Care and Tips for Mommy

As mothers, we often put our own needs last on the list. But if we don't take care of ourselves, we can't take care of our families. Self-care is not a luxury, it's a necessity. When we take time to focus on our own health and wellbeing, we are better able to meet the demands of our families.

Self-care is an important part of maintaining a healthy lifestyle. There are many different ways to incorporate self-care into your life. It can be as simple as taking a few minutes each day to relax and rejuvenate or as elaborate as scheduling a monthly massage or weekend getaway.

Whatever form it takes, self-care is essential to keeping you happy and healthy. It is highly recommended for a mother who gets no break for her own self.

Self-care can look different for everyone. Some mothers prefer to take a break from their families and have some time to themselves. Others find that they can incorporate self-care into their daily routines. Whatever works best for you, make sure you are taking the time to care for yourself.

Our aim is to prevent mothers from getting overworked and burnt out from all the work and constant worrying. Some ways to practice self-care include:

Exercise - Taking some time out for yourself to exercise can help you relax and de-stress. It can also boost your energy levels and help you sleep better at night. There are various kinds of exercises for various body types. Choose the one right for you. You can take the help of a fitness trainer. In addition to other benefits, exercising can help you get rid of that extra fat you gained during pregnancy.

Diet - Eating a healthy diet is crucial for maintaining your energy levels and your overall health. Be sure to include plenty of fruits, vegetables, and whole grains in your diet. And don't forget to drink plenty of water! Make a whole diet plan for yourself. If you are a new mother and are breastfeeding, you should not think of cutting any of the components of a balanced diet.

The diet plan for a young mother should include plenty of fruits, vegetables, and whole grains. It's important to stay hydrated, so be sure to drink plenty of water as well. It's also important to get enough protein and calcium. Breastfeeding mothers should make sure they are getting enough nutrients to support their own health and the health of their baby.

Some good sources of protein include fish, poultry, eggs, and dairy products. Good sources of calcium include dairy products, leafy green vegetables, and nuts.

It's also important to avoid processed foods and sugary drinks. These foods can be harmful to your health and can cause weight gain. Instead, focus on eating healthy and nutritious foods. This will help you feel your best both mentally and physically.

Stress Management - Learning how to manage your stress is an important part of self-care. Managing stress can be difficult, especially for young mothers. Juggling the demands of work, family, and home can be overwhelming. But there are ways to manage your stress and find some

peace and relaxation. When you are feeling overwhelmed, take some time for yourself to relax and rejuvenate. This can be as simple as taking a walk around the block or reading a book.

Relaxation techniques can help cope with stressful situations. They include yoga, meditation, and deep breathing exercises which are discussed later in this chapter. Additionally, talk to someone about your stress. Talking about your problems can help you feel better and more in control of them. Talking to a friend or family member can be helpful, or you may want to seek professional help from a therapist or counselor.

Rest - Getting enough rest is essential for your health. Make sure you are getting at least eight hours of sleep each night. When you're well-rested, you're better able to handle stress and make better decisions. If you can't get eight hours, try to take a nap during the day. With the family routine being made, chances are your kids are sleeping as well giving you plenty of rest hours. If you have trouble sleeping, try some relaxation techniques.

Relaxation - Relaxation techniques such as yoga, meditation, and deep breathing can help you calm your mind and body. There are many different types of yoga, so you can find one that is right for you. If you are new to yoga, there are plenty of classes and instructional videos available that can help you get started. Meditation is a great way to relax and de-stress. It can be done anywhere, at any time. Meditation can help you focus on the present and clear your mind. Take some time each day to meditate and give yourself a sense of serenity.

Hobbies - Doing something you enjoy can help take your mind off of your daily stressors. Running after the toddlers, making their meals, communicating with them, and catering to their needs can all be so draining. Hence there should at least be one activity during the day that helps to calm your nerves. The trick is to maybe involve the kid with you as

well. For example, cooking, painting, and gardening can be some of the hobbies which you can enjoy during your free time and even spend quality time with your kid too. The kid may also like it and develop a sense of accomplishment and identity.

Keeping A Daily Diary - This can also be helpful in managing stress. Write down what is causing you stress and how you are feeling. This can help you to identify patterns and problem areas. Writing down your thoughts and feelings can also be helpful in releasing some of the tension. You may also want to keep a journal of your thoughts and feelings during pregnancy. This can be a great way to track your moods and emotions. It can also be helpful in identifying any potential problems or concerns.

Secondly, make a to-do list of the tasks you are supposed to carry out during the day or coming future. An example can be keeping a grocery list and a list of your child's supplies. This will enable you to efficiently deal with your chores and save time running errands.

Finally, make a planner in your diary which includes your goals and plans after the birth of your child. The list of stuff you want to carry out with your kid. Places you want to visit alone or with your child. In this way, you will not ignore your wants and needs. The planner can also include a list of your kid's milestones so you can efficiently track their growth. This can give you great pleasure seeing how you and your kid have come so far and growing beautifully in each other's lives.

To conclude, self-care is an important part of taking care of yourself and your family. When you take time for yourself, you are better able to handle the demands of life. Make sure you include plenty of fruits, vegetables, whole grains, water, and protein in your diet. Additionally, try to get enough rest and relaxation. Yoga, meditation, and deep breathing exercises can help you relax and de-stress. Finally, find something that you enjoy doing

for fun and relaxes you. This can be anything from reading a book to taking a walk around the block with your kids. Taking care of yourself is essential for maintaining your health and well-being.

เพิ่มตารางนี้ใน book

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Infographic สรุปเนื้อเกี่ยวกับ Family Routine ใน Chapter นี้ทั้งหมด และได้ตัวอาร์โต้ดสำหรับดาวนโหลด
Bullet journal

Parting Words

Family routines play an important role in our lives. They prepare children for the world and give mothers a chance to take care of themselves. By following an ideal routine, we can ensure that both parents and children are getting the most out of life. However, it is important to note that these routines require effort and dedication. Mothers should be prepared to put in the work if they want their families to reap the benefits of a well-run routine.

Self-care is often disregarded by mothers. They feel that their children and family should always come first and they do not have time to take care of themselves. However, this is not true. In order to be a good mother, it is important that you take care of yourself as well. This means eating healthy, exercising, getting enough sleep, and taking breaks when you need them.

Self-care is not selfish; it is necessary. When you take care of yourself, you are able to be a better mother. You will have more energy, patience, and love to give to your family. So, make sure to include self-care for yourself and your family in your daily routine.

We hope that this book has helped you understand the importance of family routines and self-care. Thank you for reading!