

4 Tips for

Smoothen Parenting Days

#1 Daily Time with God

Yes, it's hard to fit it in. But grounding yourself daily by spending intentional time in his presence is the best thing you can do for your attitude.

#2 Daily Quality Time

Spend 10 minutes, twice a day if possible, doing something with each child that *they* enjoy doing. Connect with them and talk.

#3 Think Ahead With Choices

Instead of constant directives, offer a choice for non-negotiable activities. *"Would you like brush your teeth before your bedtime prayers or after?" "Do you want to clean up your room before or after your snack?"*

#4 Use Do-Overs If Necessary

When things are out of hand. Have a do-over. Restart the day with a nap, a walk, quiet time or just a time of group prayer.

