

STRATEGIES FOR SURVIVAL

- BE FLEXIBLE - if you feel you're not coping, schedule is going to custard etc, this can often be improved by a change of expectations and routine. Don't hold onto what isn't working.
- BE PRESENT - don't get the phone, check emails, facetime or even texts during the morning focus time unless everyone is settled or sorted at something and not needing you. We're often longer at these things than we realise and in the meantime mayhem can happen.
- BE PLANNED FOR THE DAY - know what the children are learning, have photocopying done early in day or day before, what's for lunch and dinner. Avoid thinking on the spot.
- LOWER EXPECTATIONS - academic achievement, house cleaning, activities outside the home. When the kids have left home we'll miss these days. Get perspective and enjoy them.
- GET THE CHILDREN WORKING - it's real life learning to do chores that contribute to making family life happen.
- LIMIT ACTIVITIES - Narrow down to ones that are really important or you know are really good for your child/ren/family.
- LIMIT FRIENDS - Work on tight family relationships. Do life/projects/fun/service together. Work at being a good team rather than trying to fit in so much that you're always separate.
- NARROW DOWN TO ESSENTIALS -
 - 🕒 Take time off from all extras and change focus. Personal Project for a term during a season of sickness, pregnancy exhaustion or new baby? Sometimes the break from a subject can actually be just what they need and it will click later on.
 - 🕒 Forget academics altogether for a season if need be. We learn information for life but character and life skills are most easily and best learnt when young.
- GIVE LITTLE ONES A FOCUS -
 - 🕒 Take them with you to the laundry or washing line as your helper so they're not creating havoc with the older ones.
 - 🕒 One-on-One time with an older sibling learning numbers, shapes, alphabet etc. Fosters older/younger child relationships and helps give a little one a focus while you spend time with another.
 - 🕒 Prepared activity bags, boxes, trays they look forward to doing at a specific time.
- STEP BACK AND GET PERSPECTIVE
 - 🕒 Pray for your immediate need to get through the day.
 - 🕒 Choose to put a smile on your face and take thoughts captive - very hard but a choice :)
 - 🕒 Choose thankfulness to prevent spiralling down
 - 🕒 See the big picture and be wise to Satan's schemes to steal, kill and destroy in your family
 - 🕒 Get some fresh air and smell the roses
 - 🕒 communicate with your husband and ask for his help with ideas for strategies, plans to cope.

We are training arrows to fire into the world to make a difference for Christ
Let's keep focused!