

# ParentLife®

PARTNERING WITH PARENTS TO RAISE GODLY KIDS

## SYNC UP YOUR FAMILY SCHEDULES

4 WAYS TO FIND  
ONE MOMENT OF PEACE

SURE-FIRE QUESTIONS  
TO GET YOUR KIDS TALKING

*Are You Tired?*

THE DECISION  
**EVERY**  
**MISSIONAL**  
**FAMILY**  
MUST MAKE

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# TIME TO RESET

## *Four Ways to Find One Moment of Peace*

By Lois Rodriguez

**W**hen my husband and I began dating, I had a rule: Thursday night is off-limits. As an introvert working in a very extroverted business role, I had a night set aside to feed my need for quiet and time alone. If I skipped that night, I found myself getting irritable, tired, and just plain mean. Fast forward many years, a beautiful marriage, and four growing kids, and my Thursday night sanctuary is no more, but my need for downtime is still very much present. God made us to function best within the rhythm of work and rest, allowing for times for our body, mind, and soul to renew. If God took the time to rest in Genesis 2 after his extensive acts of creating, doesn't it stand to reason that our bodies were made to take a break as well? So how do busy moms cope with the need for rest and relaxation? Here are a few ideas for indulging some downtime in the midst of the chaos.

### CONNECT WITH OTHER MOMS

This may seem counterintuitive to the need of being alone, but often our desire for downtime can be rooted in a more complex need for female companionship. Connecting with other moms through a local MOPS (Moms of Preschoolers) chapter, book club, play group, or other like-minded activity can leave you feeling refreshed and connected in ways that just being alone could not. As Ecclesiastes reminds us in chapter 4 verses 9 and 10, "Two are better than one, because they have a good return for their work; if one falls down, his friend can help him up. But pity the one who falls and has no one to help him up!" Set yourself on a course to develop these types of friendships with Christ-loving mothers. This may also allow you to forge some great connections with other moms who may be open to trading off on babysitting, sleepovers, or other ways to give you some much-needed downtime.





## ALONE TIME IN THE CROWD

Planning a family activity where you can actually squeeze in some alone time could be a quick refresher if an actual getaway is not possible. A walk around the track while the kids are at baseball practice, a bike ride in the park where you have some time to think with the kids riding on ahead, or even dinner at a restaurant with the kids at their own table could allow you to sit at a single in

## FIND YOUR NOOK

Taking a whole night away from my family each week is no longer a luxury that is possible in my life, but setting aside a special sanctuary in my home is a way to step away and decompress, even for just a few minutes. In a small area off our bedroom is what I call my Writing Room. This is my self-appointed nook, my sanctuary, my equivalent to the She-Shed! The kids know that setting foot in mama's Writing Room is a no-no for any reason other than emergencies needing medical attention! Find a space; a room, a nook, a patch of grass or a broken down log in the corner of the yard, make it your own, and allow moments in that space to bring you a little bit of tranquility. Be sure the kids know that mom is off limits while in her special nook.

## SPOUSAL SUPPORT

If you have a partner in parenting, learning how to parent as a team is vital in the smooth running of your household. Being part of a working team is learning how to communicate. Moms, unless you tell your husband about your need for some time away to refresh, it's likely he hasn't a clue that you need this! Spend some time expressing this need and work as a team to come up with a plan to give you some breathing room. Often the anticipation of knowing that time to yourself is coming is enough to help you forge through the exhaustion. Perhaps choose one night each week where your husband handles the dishes and bedtime chores. You'll know that if you just hang on until that evening, you'll get banished to your room after dinner and enjoy a little quiet time while the household is handled by your honey.

the corner with a book for a few moments of respite! We find ourselves in a world of intense multi-tasking and often the tidbits of quiet time we could be having are spent scrolling through social media or returning some phone calls instead. Choose to prioritize quiet time for yourself and you'll find that even just a few moments of alone time will make a difference.

You've probably heard the saying, 'when mama's not happy, nobody's happy!' and I've found this to be true in our household. My tone, attitude and behavior are the compass to which my children, and even my husband, are drawn. If I am drawing them to a mom who is tired and negative, I've now set that as the tone in my home. It is so important for us to regulate ourselves if we want to set a tone of love and peace in our household. Colossians 4:6 reminds us to let our conversation be always full of grace. The more tired we are, the less gracious our words will likely be to our families. Finding some ways to set time aside for our own wellbeing is not an act of selfishness when done properly, but rather one of love for our family as we care for ourselves so we can in turn care for them.

**Lois Rodriguez** is a full-time freelancer writer, contributing regularly to parenting and adoption publications as well as sharing encouragement for moms on her blog at [blessedmamabear.com](http://blessedmamabear.com). She and her husband reside in the Texas Hill Country with their four adopted boys.