
insights and encouragement from the “home front”

MEMOIRS OF A MOM

January 2006

Happy New Year!

This time of year puts many of us in a reflective mood, evaluating this past year and deciding how we want to spend our time in 2006. This month's topic also focuses on “time”, specifically “Quiet Time for Children”. When I was pregnant with my second child a friend of mine gave me some wise advice. She told me to do whatever it takes to make sure the children nap at the same time. Children do so much better with a consistent nap time every day. They sleep better at night, are healthier and have better attitudes. Older children can also reap the benefits of a consistent quiet time. A daily time alone in their room encourages self discipline and protects them from over-stimulation. The greatest benefit for me is that it gives me a “sanity break” every day. During this time I can pursue my own interests. According to Earl Nightingale, the man who founded the self help industry in the 1950's, if you read for an hour a day (about 4% of your week) in any subject you want to master, in three years' time you'll be an expert in the field. Any investment advisor will tell you, if you invest a little bit consistently over a long period of time you will reap great rewards. Perhaps the best investment you can make for your family in this new year is to implement a daily quiet time.

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