



How to Balance Working from Home and Being a Mom (Part II - Continued)

Take Advantage of Naptime!

Naptime is a magical term to any mom, but this part of the day can be especially helpful to moms working from home. Work to have naptime be a set time each day, and use this time to accomplish work tasks that can't be done with the kids awake. For example, follow up on phone calls (which is very difficult with kids screaming in the background), have a web conference, etc. It can be so tempting to join the kids for a nap of your own, but utilize this precious time to accomplish important tasks!

Enlist Help of Others

There are some days when my workload is so huge that I need to enlist the help of others. Sometimes, I'll take my baby to my husband's office and drop him off, call my neighbor, or ask my mother-in-law to come over, so that I can get work done without chasing around my little guy, and repeating the words, "please don't touch that," or "we don't eat dog food!" every minute. If you don't have friends or family close by to help on especially overwhelming workdays, consider hiring a sitter or nanny to be on-call just to help in those dire times.

Don't Procrastinate!

A huge problem with **working from home** can be a lack of self-motivation, and procrastination. Not because it's intentionally done, but because there are so many other things that can get in the way and distract us! Referring back to your schedule, focus on what absolutely needs to get done that day, and don't let other less important things distract you. (The laundry will still be there when you're done.)

Allow for "Mom Time"

When you're a mom, there's almost no time for yourself. Add to that having work responsibilities that are pressing you for time, and you can say good-bye to any "mom time." However, it's important for your sanity, for your career, and your family, that you do take a few minutes out of the day for yourself. For me, this time is my "Diet-Coke-run time." I grab my baby, load up the car, and drive down the road to grab a drink. It doesn't (and shouldn't) take too much time out of your busy day, but allowing yourself your own "mom time" will help to rejuvenate you, and allow you to go back to whatever you're doing with a new sense of motivation, and focus (especially when you're



having "one of those" days).

Those Days...

There are "those days" when I'm feeding a baby with one hand, and typing with the other (like now) and I think, "those moms who work outside of the house, and can be productive for hours at a time and work done are so lucky." But then I watch my little guy (who just started walking) toddle across the room to give me a hug, and I realize how blessed I am; I get to share in the milestones of my son's life, while at the same time work at a job that I really enjoy - which makes "those days" all worth it.