

Top tips for busy Mums

With small children in the house the chores are never ending. Here are some time-saving and labour-saving ideas from a few very busy mums. Hopefully they'll enable you to find a little bit of time to treat yourself!

Cleaning – Try to clean as you go along. If you've only got a few minutes to spend on housework before visitors arrive then do the vacuuming - it makes the biggest impact. And if you run out of time altogether, just remind yourself that your house is far less important than your children. *Ruth*

Cooking – Embrace the concept of 'left overs'. Always try to cook a double quantity (or more) of stews, casseroles and bolognese type sauces. That way you have a 'ready meal' for later on in the week that can be frozen to extend it's 'shelf life'. When you have the time, boil and mash extra potato too. If you heat it up thoroughly in a microwave and then grill the top it goes well with fishfingers for a quick dinner, or you can use it on top of your defrosted bolognese to make a type of cottage pie! *Fiona*

Laundry – If you can, remove your washing from the washing machine or tumble dryer as soon as it has finished. The clothes will be less creased and so you will spend less (or no) time ironing them. *Lindi*

Get the kids to help – Find jobs that the children can do for you. Even a two year old can sort the laundry into 'mummy's clothes' 'daddy's clothes' and 'my clothes'. And 'helping mummy' will give them a real sense of achievement. *Marian*

Multitasking – Everyone knows that women are capable of doing ten things at once! Invest in a headset phone and you can keep in touch with your friends or make that doctors appointment whilst getting on with the housework or changing a nappy. *Jemima*

How to be an amazing mum

Forget complex time management plans. Tanith Carey's book is the ultimate handbook for hassled mums. It's packed full of short cuts and contains tried-and-tested advice, including how to:

- Head off mess before it happens
- Get your children to do what you ask the first time
- Survive as a working mum

Order your copy online from www.careforthefamily.org.uk/amazing-mum or call (029) 2081 0800.



And if you have a 'bad day', don't waste time worrying about it. Just remember that 'tomorrow is another day'. *Kerrion*

This information is supplied in good faith but Care for the Family cannot accept responsibility for any advice or recommendations made by other organisations.

Your **Family** Charity

Care for the Family has been supporting and encouraging families in the UK since 1988. Its family-building events have been attended by over 320,000 people and many more have been helped through special initiatives - including stepfamilies, bereaved parents and those parenting alone. Founded by best-selling author and speaker Rob Parsons, the charity is committed to strengthening family life and helping those who face family difficulties.

Care for the Family, Garth House
Leon Avenue, Cardiff CF15 7RG
Tel: (029) 2081 0800
www.careforthefamily.org.uk

Care for the Family - A Christian response to a world of need.
Care for the Family is a charity registered in England and Wales
(no. 1066905) and in Scotland (no. SC038497).