



mums@work

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Top 'time management' hurdles new mums face

1. Trying to get your baby into a routine whilst adjusting to the new demands on your time; suddenly you are expected find time for feeding, sleeping, bathing, washing, cooking, shopping, playing, nappy changing, being a good friend, wife and mother!
2. Falling victim to the fairytale image of a 'super mum' and over committing
 - Socially (to friends and family members)
 - Personally (believing you should be able to leap back into your old life straight away)
 - Physically
3. Underestimating how long day to day things will take you; even leaving the house is requires prioritisation and precision planning like never before!
4. Not knowing how or who to ask for when things become overwhelming; some statistics suggest 1 in 6 new mums suffer depression.
5. Finding time to prioritise and take time out for YOU (away from the baby).

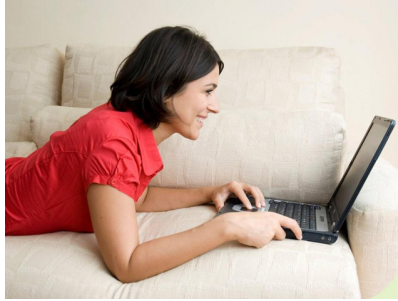
Top Tips for making the most of your time...

Get organised (plan & prioritise);

- write a do list & be realistic what you can achieve day to day
- decide what you can live with & what needs your attention, it's amazing what become truly necessary when time & energy are the deciding factors.

Accept help & seek support in areas where you need it;

- from your partner, friends & family
- Government assistance groups (Early Child hood Centres and Good Beginnings)
- Support groups (Mothers groups, online websites outsource where able i.e. Cleaning, babysitting, shop online)



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Top Tips for making the most of your time...

Time out for you;

- Program some time for you into your day i.e., sleep when baby sleeps or take a long bath when your partner comes home.

Take a reality check;

- It's hard to think rationally when you're sleep deprived but try not to be hard on yourself, parenthood is a tough job and this crazy period will not last forever.

Trust your instincts:

- If something doesn't feel right don't do it that way you won't waste time and energy on things that aren't helpful.

Don't sweat the small stuff;

- None of us are perfect, when it all goes wrong, try and take a deep breath and remember tomorrows another day. And try and ignore competitive mothers who appear to have everything together (they lie)

Take time to reflect and enjoy the little milestones; (first smile, first laugh)

- It's true; they are not babies for long.