



Your Link to Children's Healthcare of Atlanta

POLICIES & PROCEDURES ▶ ONS: REPORT ISSUE ▶ TIME CALL ▶ DIVERSION ▶ CENSUS ▶

PHONE DIRECTORY ▶

GO

SEARCH ▶

GO

[HOME ▶](#)
[YOUR CONNECTION ▶](#)
[PATIENT CARE ▶](#)
[DEPARTMENTS ▶](#)
[FOR MANAGERS ▶](#)

Take Time Out for You

Working and being a parent are both full-time jobs and together, can leave you completely worn out at the end of the day. Despite all the other things going on in your life, it is important to take time to relax and recharge. But where do you begin? Here are five tips for finding secret pockets of time for you.

1. Buy Time
Get groceries, help with homework, make dinner, wash the car—does this sound like a typical to-do list in your house? How many times have you found yourself thinking there just aren't enough hours in the day to do everything you need to accomplish, let alone to do something because you want to do it?

While actually purchasing extra hours isn't an option, there are many services available that can free up hours of your week. For example, meal preparation services like Dinner A'fare and Super Suppers can buy you that daily hour you would have spent preparing and cooking dinner. You can also use the Children's concierge [At Your Service](#) to order tickets, organize vacations and other activities that take time to plan.

2. Schedule It
With all the appointments you make for everyone else, pencil in some time for yourself. Whether it's something elaborate like a vacation or something you can do on a weekly basis, by booking "you" time into your schedule, you not only have something to look forward to, but you're more likely to spend that time on activities for yourself if you plan it.

Set appointment reminders in Outlook for a monthly dinner with friends. Add a 30-minute walk to your weekly errand run. Volunteer to get coffee on Saturday mornings and drink a cup in the café before bringing your spouse home a latte. Team Mom member Amy Mistretta takes advantage of the gym childcare service to exercise, one of her favorite "me time" activities.

3. Tap into Overlooked Opportunities
Children's offers many time-saving and stress-relieving resources. For example, Children's has negotiated discounts with GlobalBodyWorks to provide [on-site massage](#) by licensed therapists to our employees. Chair massages are available in 15-minute increments and table massages in 60-minute increments.

4. Trade It
Trade childrearing duties with a spouse or friend for some free time to exercise, to go window shopping or even run errands without the kids. You'd be surprised how accommodating a neighbor can be when they know you'll return the favor.

5. Squeeze It In
Even if it's just five minutes at a time, you might have to seize those moments when they are available. Watch part of your favorite show on DVR before your kids wake up, read a magazine while in the carpool line or take a few extra minutes while running errands to do something fun for you, like getting a pedicure. And when all else fails, sometimes you can even find solace in your normal routine. Nydia Gleaton, Team Mom member, shares, "I use my 45-minute commute between work and



Sign UP!
Join our e-mail list
for working mothers

W M BLOG
A Week in the Life
of a Working Mom
Linda Matzigkeit, SVP, HR

Taking Care of YOU

- Great Expectations Baby Showers
- Small Wonders Pre-natal Screening
- Wellness/Strong4Life for Moms
- 4 Support
- 4 Activity
- 4 Nutrition
- 4 Fun
- Join Strong4Life
- Employee Assistance Program
- Concierge/At Your Service
- Educational Assistance
- FLEX Options
- Your Time Off

Taking Care of FAMILY

- Child Care Centers
- Backup Care Options
- Sitter Service
- Child Care Credit

<http://careforce/cms/default.aspx?id=3904>

6/24/2011

home as my time to reflect, or just let the day go and get ready for my evening at home." She also uses the evenings after her children are in bed to relax and unwind.

Other recommendations:

- Use a local church or organization's "parents' night out" for date nights or friend nights out. Some organizations, like Southern Prep in Marietta, Play in Roswell and Puddle Jumpers in Newnan offer a few hours of care during the day as well.
- Create a quiet time rule in your house while your child naps. Your older ones also can take a break in their rooms.
- Ask friends or family or pay someone to watch your kids when you're away on vacation.

It may require some extra planning, but investing some time in yourself regularly can pay off in all areas of your life.

Adoption Assistance
Infertility Assistance
College Savings
Convenience Services
and Discounted Memberships

[Outlook: Check Web Mail](#)

[Remote Application Access](#)

[Campus Maps & Services](#)

[Help](#)

[Feedback](#)

[choa.org](#)



Copyright ©2007 Children's Healthcare of Atlanta. All Rights Reserved
For questions or comments, email Internal.Communications@choa.org