Ten Golden Rules for Every Busy Parent



* I am not on call to all of the people all of the time
* I have needs of my own which may not be the same as my family’s, my colleague’s or my friends’
* I don’t have to say, “Yes” to everything that is asked of me
* I don’t have to carry on doing something just because I’ve always done it
* Time spent relaxing is time spent well
* There’s no such thing as the perfect wife, perfect mother, perfect father or perfect child
* Time spent feeling guilty could be spent doing more enjoyable things
* I shouldn’t always do it for them if they are capable of doing it for themselves
* I should give myself the same care and consideration that I give to others
* I should remember that, at all times, especially in the face of criticism, difficulties and anxiety that I AM DOING THE BEST I CAN!!!!!