



New Year Resolution Ideas for Mothers (& Kids)



For Mothers

- ✓ Be more patient and calm.
- ✓ Wake up early before the kids.
- ✓ Exercise and keep yourself fit.
- ✓ Organize daily routine with a planner and follow the schedule.
- ✓ Do not drain down your personal stress to the kids.
- ✓ Follow before you preach the kids.
- ✓ Manage your stress, frustration, depression and anger.
- ✓ Don't spank the kids.
- ✓ Spend more time with the kids.
- ✓ Do meditation or yoga.
- ✓ Do not compromise kids well being due to your inabilities.
- ✓ Make time for one activity which will interest you everyday.
- ✓ Let go off the Mommy guilt.
- ✓ Sleep 6-8 hours everyday.
- ✓ Don't yell, scream or shout at the Kids.
- ✓ Meet your friends and have some ME-time at least once in a week.
- ✓ Eat healthy and balanced diet.
- ✓ Spend some time with your partner everyday and don't neglect him.
- ✓ Track the needs of everyone at home using a planner to avoid getting clumsy and missing appointments.
- ✓ Be confident and trust your Mommy instincts.
- ✓ Open your ears for suggestions and advice. Make the decision within your (You and your partner's) court.
- ✓ Make the meal planner every week and do shopping well in advance to avoid last minute tensions.
- ✓ Stop waking up opening your facebook, Instagram and whatsapp. Do some productive work in the fresh hours and restrict those apps to your leisure time.
- ✓ Find ways to earn some pocket money and boost your confidence.
- ✓ Don't stay within the doors all day. Take a walk out, speak to your neighbours or friends. Breathe the fresh air every day.
- ✓ Learn one new skill or activity which will make you feel relaxed and happy.
- ✓ Every morning and night pat yourself that you are doing an incredible job, even if no other person is appreciating you.
- ✓ Think positive always and keep saying everything is going to be fine. All is well.
- ✓ Keep a personal diary and pour your heart out everyday. A real diary and not the one in your smart phone. Writing will make you feel better than typing.
- ✓ Don't pull all the work on to your head. Encourage everyone to do their work themselves and reduce your burden. A happy relaxed mommy means a happy, relaxed family.



New Year Resolution Ideas for Mothers (& Kids)



For Kids

- ✓ Reduce Screen time.
- ✓ Avoid Junk foods.
- ✓ Establish good sleeping routine.
- ✓ Let them eat on their own.
- ✓ Potty train.
- ✓ Train one new Sport.
- ✓ Establish healthy eating habits.
- ✓ Involve them in small household chores.
- ✓ Daily Outdoor play.
- ✓ Stop thumb sucking.
- ✓ Help them get socialized.
- ✓ Help them to get dressed on their own.
- ✓ Teach them to keep their room clean.
- ✓ Make them clear the toys after playing.
- ✓ Wean bottle feeding.
- ✓ Guide them to share and play.
- ✓ Encourage them to engage themselves with self play.
- ✓ Avoid rocking or pampering them before sleep and make them sleep without any aid.
- ✓ Make Reading a daily routine for the kids and bring interest in books.
- ✓ Avoid addiction to e-gadgets as much as possible.
- ✓ Expose them to writing, reading and playing without mobile phones, television or tablets.
- ✓ Encourage one activity which the kids love more whether it interests you or not.
- ✓ Reduce their dependency in you and make them independent.
- ✓ Make them spend time with other family members or relatives other than Mommy.
- ✓ Preach them the importance of helping others, being kind and giving respect.
- ✓ Keep them away from foul language.
- ✓ Avoid giving bribes to make them behave well.
- ✓ Do chit chats with them whenever possible, especially before bed time.
- ✓ Wake them up with a hug and kiss. Get them to sleep with a hug and kiss.
- ✓ Teach them to encourage and appreciate others.
- ✓ Don't make school a threatening place. Rather make them realize the need for education and make it a happy part of their life.
- ✓ Show them how to express their love. Lots of hugs everyday can reveal the magic of love.
- ✓ Guide them to achieve self control and discipline
- ✓ Help them manage their emotions like anger, depression, frustration and disappointment more effectively.
- ✓ Don't let them threaten you through their tantrums.
- ✓ Teach them the importance of physical fitness and let them exercise daily.
- ✓ Say No to them whenever you have to.
- ✓ Don't drown them with loads of after school activities. Limit it to one sport, one extra curricular and one academic activity every day or alternate days.
- ✓ Teach them that hitting is bad and there are non-violent ways to handle any situation.
- ✓ Set timely goals and encourage them to achieve them with tiny gifts.