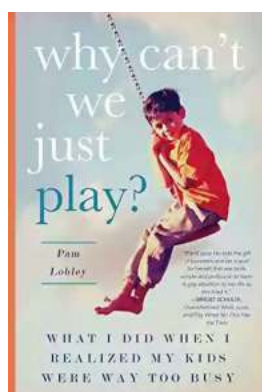


What I Did When I Realized My Kids Were Way Too Busy

Being a parent in this fast-paced world can be a real challenge. We want the best for our children and strive to provide them with every opportunity. However, as I watched my own kids getting caught up in a whirlwind of activities and commitments, I couldn't help but wonder if it was all too much.

It started slowly, with one extracurricular activity here and another there. Soon enough, our family calendar was bursting at the seams with soccer practices, piano lessons, dance classes, and scouting meetings. On top of schoolwork and homework, it seemed like my kids had no time to simply be kids.

I realized that it was time to take a step back and reevaluate the situation. So, I did some research and discovered startling facts about the impact of over-scheduling on children's well-being. It became clear that my kids needed a better balance in their lives.



Why Can't We Just Play?: What I Did When I Realized My Kids Were Way Too Busy

by Pam Lobley(Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 1612 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 193 pages
Lending	: Enabled



The Pressure to Keep up

In today's society, there is immense pressure for children to excel in various areas. From academic achievements to sports accomplishments, kids are constantly pushed to do more. While it's important to encourage their growth and development, it is equally crucial to allow them to have downtime and pursue their own interests.

I realized that my children were not only physically exhausted but also mentally drained. The constant need to keep up with the pace of their commitments was taking a toll on their overall well-being. It was time to make some changes.

The Power of Communication

First and foremost, I sat down with my kids and had an open conversation about their activities. I wanted to understand if they genuinely enjoyed everything they were involved in or if they were merely doing it to please us or their peers.

It was surprising to discover that some of the activities they were engaged in no longer sparked joy or interest. They were merely going through the motions to meet our expectations. This led to a realization that it was time to prioritize quality over quantity.

Choosing Quality Over Quantity

After discussing their interests and concerns, we made the decision to scale back on certain activities. Instead of being over-committed in multiple areas, we focused on a few activities that truly resonated with them. This allowed them to fully engage, enjoy, and excel in those particular pursuits.

We were also mindful of scheduling downtime for our kids. This meant carving out specific time each day dedicated to relaxation, hobbies, and unstructured play. It was important for them to have a chance to decompress and rejuvenate.

Rediscovering Family Time

With the newfound balance, we were able to reconnect as a family. We started having regular family dinners, game nights, and outings. These moments allowed us to strengthen our bond and create lasting memories.

I also encouraged my kids to pursue their passions outside of structured activities. Whether it was painting, writing, or playing an instrument for pure enjoyment, it gave them a chance to discover their true interests without the pressure of competition.

The Impact of Change

The changes we implemented had a profound effect on our kids' well-being. They felt less stressed, more energized, and had an overall sense of happiness and contentment. They had time to play, reflect, and develop their own identities.

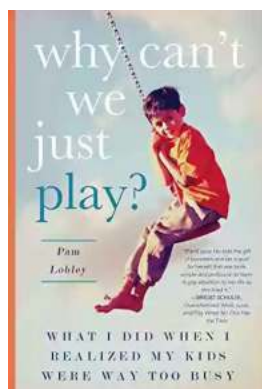
As a parent, it was a relief to see my children flourishing in a balanced and healthy environment. Prioritizing their well-being over the rat race of constant activities was the best decision we ever made.

The Takeaway

While it's essential to provide our children with opportunities to learn and grow, it's equally important to strike a balance. It's crucial to listen to our kids' needs, communicate openly, and prioritize their well-being over the pressure of societal expectations.

Ultimately, creating a healthy and nurturing environment for them to thrive should be our primary goal. It's never too late to make changes that will positively impact our children's lives.

So, take a step back, evaluate the situation, and consider whether your kids are way too busy. If so, it may be time to make some adjustments and give them the gift of balance and a chance to simply be kids.



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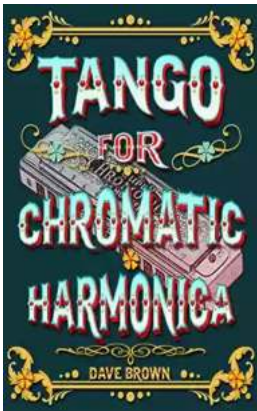
Facing summer with her two boys, ages ten and seven, Pam Lobley was sifting through signups for swim team, rec camp, night camp, scout camp, and enrichment classes. Overwhelmed at the choices, she asked her sons what they wanted to do during summer: “Soccer? Zoo School? Little Prodigy’s Art Club?”

“Why can’t we just play?” they asked.

A summer with no scheduled activities at all . . . The thought was tempting, but was it possible? It would be like something out of the 1950s. Could they really

have a summer like that?

Juggling the expectations of her husband (“Are you going to wear garters?”), her son, Sam (“I’m bored!”), and her son, Jack (“Can I just stay in my pajamas?”), Pam sets out to give her kids an old-fashioned summer. During the shapeless days, she studies up on the myths and realities of the 1950s. With her trademark wit and candor, she reveals what we can learn from those long-ago families, why raising kids has changed so drastically, and most importantly, how to stop time once in a while and just play.



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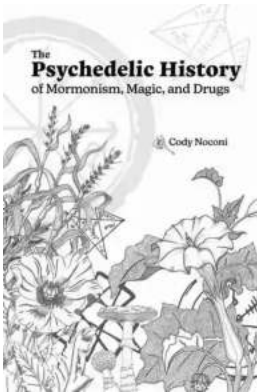
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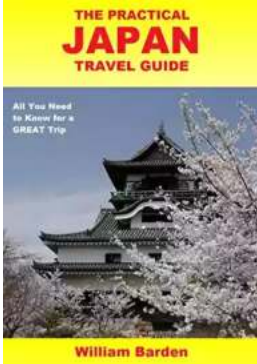
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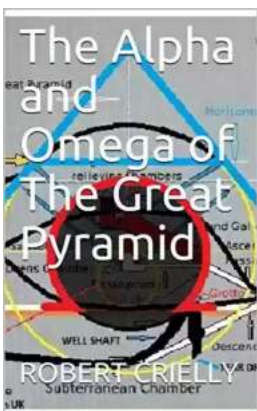
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