

"Motherhood is near to divinity. It is the highest, holiest service to be assumed by mankind. It places her who honors its holy calling and service next to the angels."

- President J. Reuben Clark

Finding balance as a mother can be complicated to say the least. It's important that you establish priorities so that you do not find yourself pulled in a million directions. Here are a few ideas to help you get and stay more balanced:



Finding A Balance

Motherhood is a 24/7 job, which makes it nearly impossible to constantly be on the top of your game. There may be times when you need more energy than normal and feel overcome with exhaustion. Try preparing for these times of exertion during less busy periods in your day, or times that you feel more energized. When you do this, you can more calmly meet the needs of your children and family. Plan and intentionally keep gaps in your schedule. Families need down time, alternating busy days with mellow ones. When you plan for down times and relaxation, stress will be reduced and family time will be more productive and enjoyable.

Set Appropriate Boundaries

As a mother, you may feel at times like the Energizer bunny—going, and going, and going. Because of this, sometimes impolite behaviors are exhibited as a reactive behavior. Motherhood requires setting clear and appropriate boundaries, calmly and repeatedly. Take the time to listen to your children's feelings, then consider your own. Do you need to be clearer or more consistent? Find phrases that help you slow down and evaluate the situation such as, "I respond to *please* and *thank you*," or "Could you repeat that in a quieter voice?" Encourage your children to respect the office of motherhood—it's the most vital role a woman can fulfill.

Attend to Your Spiritual Side

Remember that the gospel is the surest foundation on which you can build your family. Prayer, scriptures, family home evening, and acting upon promptings are key to happiness in the home and they don't have to be rote or stressful. Make it fun! Enjoy several family prayers each morning as children leave at various times. If you're running to and fro, invite children to listen to a general conference talk in the car or facilitate an impromptu testimony sharing opportunity. Whether you act out scripture story charades or share an article from The Friend, mix up your scripture study with variety and fun. Eventually it will become a natural part of not only your children's schedules, but also their character.

Learn to Adapt

Savvy time-management skills are required to be a mother and full-time student. In a featured article in BYU's magazine, the Daily Universe, they interviewed a young married student who was looking forward to her upcoming graduation—a month before baby number two was due. She worked hard to find ways to balance school work with her role as a wife and mother for her growing family. She spoke of her experience balancing her schoolwork, supporting her husband (a distance runner on the BYU track team), and taking care of her first baby girl. In the process of taking care of her first child, she gained new skills and improvised a lot in order to get things done at school and at home. She said, "I've become really adept at doing things one-handed—I'm a pro at typing with one hand. My friends watch my daughter during classes and while I do my homework. You just have to get over being perfect."

Allow others to help. Seek guidance from family and peers, work together with your spouse for support and remember that you don't have to be perfect to be a successful mother.

ADDITIONAL RESOURCES

"Motherhood: An Eternal Partnership with God" - Elder Jeffery R. Holland

"Seek Learning: You Have a Work to Do" -Mary N. Cook

"LDS Women Strike Balance Between Family and Work" -The Daily Universe

"Finding Lasting Peace and Building Eternal Families" -Elder L. Tom Perry

References Used:
Idsliving.com, Brigham Young University Daily Universe

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