

Too Busy for School?

Is your family overscheduled?

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Sometimes it seems like time really isn't on our side. Especially if you have the typical **busy schedule** of most families. From school to chores to soccer and dance practice to socializing and homework, sometimes it seems like kids' days are so jammed packed that there isn't even time to think.

Unfortunately, the one thing that seems to get dropped off the schedule the most often is **schoolwork**.

That's why it's important to keep track of the day-to-day responsibilities. Whether you use a master schedule or another method, getting a busy lifestyle sorted out is a surefire way to help calm the stress of a hectic daily routine.

When it seems like there just isn't enough time, one way find some extra time in your schedule is to identify the fixed activities and the variable activities.

Fixed activities are regularly scheduled activities such as school, team sports and activities, dinner, after school jobs, and bedtimes.

Variable activities are not regularly scheduled, but occur frequently such as going to the movies, dinners out, group projects, special events.

Generally, the fixed activities will outnumber the variable activities. This is good because a fixed schedule

- Lets you see at a glance where you have room for variable activities
- Lets you better understand your time commitments

While it is good to have an active, busy life, there must be room in the schedule for school and enough time to complete homework.

A too-busy schedule often requires some re-jiggering to ensure that the important stuff such as homework—and the other stuff too—gets done.

Tip of the Week:

Is your family overscheduled?

1. Use a master schedule (1) to identify your family's fixed and variable activities.
2. Get kids involved by asking them to help identify what activities are the have-to-do's and which are the want-to-do's.
3. This process will help your family recognize where there is free time and where you are trying to do too much and is a great way to reduce the stress of a hectic schedule.