



resolutions

6 Fire Yourself as Household CEO

"No one wants a boss at home. So here are some Do's and Don'ts to get started on transitioning Mom out of the Home Executive Suite: DO take a calm weekend morning to make a list together, listing all the weekly tasks you each manage for the family. DO welcome your husband's view if he thinks some of the things on your list just don't need to be done (Making the beds? Dusting?). DO let go. It's amazing how much we gain if we can drop our little obsessions so that Dads feel like respected partners – not peons – at home. DON'T leave long lists of instructions: You married a smart guy. He can figure it out. DON'T roll your eyes at the way he does things. Who says the Mom way is better?"

– Sharon Meers, co-author with Joanna Strober of *Getting to 50/50: How Working Couples Can Have It All By Sharing It All*



Read full article in **Bay Area Parent**, *Promises, Promises 10 Resolutions for 2010* below

10

Promises, Promises Resolutions for 2010

Most of us make New Year's resolutions, but how many of us actually keep them past the first month?

To mark the first decade of the new millennium, we at *Bay Area Parent* asked 10 parents and parenting experts about the things they want to change in their lives – and how they plan to do it. Think of them as inspiration for your own vows. Happy New Year!

1

Enjoy the Silliness



"My resolution is to be emotionally present for my 5-year-old twins. I will see the humor in the silliness by allowing myself to laugh at forgotten wonder. I will really listen when my child tells me about his fears, ideas, experiences. I will try to see the world through their innocent, precious eyes, and enjoy the moments."

– Lisa Egert-Smith, Mountain View

2

Less Yelling



"When we're stressed out, in a hurry, have too many things on our plate, or just plain out of patience, the easiest thing to do is raise our voice and yell at the kids. It really needs to stop!

"I do apologize afterwards, but I'm not sure if it has the impact of erasing my tirade from their memory. One way to stick to it this year is to rewind my resolution in my head over and over just as my blood begins to boil and I feel the yell coming on. It also helps to flash forward and think about how awful I'm going to feel afterwards."

– **Mani Farhadi, Los Gatos**

3

The Basics



"Get more sleep – which may depend on our 3-month-old learning to sleep. Write more – which also depends on the kids. I need to carve out some time for myself. And finally, get more exercise."

– **Dave Orr, Los Altos**

"Not to overschedule my kids with after-school activities! So easy to do. So hard to say No. During the end of my last pregnancy, I had to stay off my feet as much as possible. A lot of activities had to be dropped because I could not get the kids everywhere. I couldn't believe that no one missed going to all the sports games, practices, etc. We really enjoyed more time together as a family. I think after-school activities are important, but I found that one activity, sport or instrument at a time works out really well."

– **Heather Janse, Palo Alto**

4

Let It Go



"Last year, my resolution – to get rid of my 'mom body' – was a huge lesson in how overdoing it can backfire. I started a boot camp workout group and ended up with a herniated disc, setting myself back six months. So, my resolution this year is to slow down and not try to fix everything at once. 'Let it go' will be my mantra. Instead of beating myself up about finding my ideal career, I will focus on a small, achievable goal. I will, in 2010, become a trained speech therapy tutor for my son. Baby steps."

– **Christine Salah, San Mateo**

5

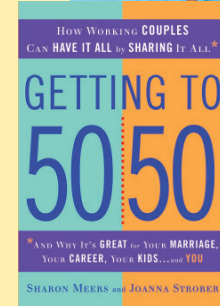
Keep It Simple



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7 So Long, Ms. Perfect!



"I will stop trying to be a perfect parent and stop trying to raise a perfect child. I will be content with being a good parent and teaching my child to be a good person. I will not try to do everything myself and will be willing to ask others, including

my children, for help.

"I will spend as much time as possible with my child, but will also carve out time for myself and my partner. I will stop feeling responsible for my child's happiness, and will be willing to be strict when needed. I will stop demanding straight A's and will instead request my child to put forth their best effort. And I will remind myself every day how lucky I am to be on this amazing journey of being a parent."

– Susan Stone Belton, family coach and motivational speaker, San Jose

8 Savoring the Next Chapter

"For the first six months of my child's life, I tried to fit in emails, projects and social engagements – all while being a stay-at-home mom. I would use my son's nap times to try to get back as much of my old life as possible. When he woke up, I was disappointed.

"One day, I went back to my childhood home to clean out my father's attic. My mother had passed away from ovarian cancer 10 years prior and there were still a lot of her things left. After stuffing a few garbage bags full of clothes to send to Goodwill, I fell upon her old journals. While pages upon pages were filled with notes about the novels she was reading, her favorite observations were about me. Despite the fact that she was a dedicated high school English teacher, I was her most important job.

"After finishing the last journal, I resolved to savor the pages of my own children's lives. The times that are my own are mine without guilt. But when the kids wake up or the babysitter leaves, I turn over a new page of their lives, thrilled at the discovery of what lies in store for us in the next chapter."

– Michelle Gannon, Saratoga



9 Budgeting

"Some real things I've already done to stretch money:

- Cancelled monthly automatic charges that I wasn't fully utilizing, like my gym membership (I bought an exercise machine instead), home produce delivery and Netflix.

- Consolidated vendors for phone, TV and internet.
- Eat at home more often. It's better for us and my kid likes it better, too.

- Brown bag our lunches.

- I used to donate everything we had outgrown or no longer needed. I have now started to sell the big-ticket items. I use email groups to advertise items. I have made \$250 this year.

- I bought all of Luke's play clothes used last year.

- Delay my own gratification for better shopping deals, looking for things on sale.

- I use only one credit card and pay it off every month. Not easy for everyone to do, but certainly saves a lot of money in interest."

– Susan Pimlott, Cupertino



10 Say Yes to Routine



"I have long-term concrete goals and a routine to support them – not just for the New Year. I don't eat out much, which helps in this economy. I prepare and freeze good meals and often

use a crock-pot, using seasonal fibrous vegetables, such as cabbage or squash. I cook with the kids and they love it.

I also have an exercise routine that is varied. I attend Body Pump and spinning classes and find the classes give me an extra push to do more. I also take the kids to the gym. They support my exercise as I have told them so often that it helps keep me healthy. I think they've figured out that I'm happier if I get to the gym."

– Beth Delson, Palo Alto

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