



Staying sane with your kids at a difficult time

- Plan the week upfront – but build in room for flexibility because you are dealing with young people.
- Plan jointly with your children so they can feel empowered. Debate matters, rethink after a while, replan and reschedule, depending on how you and your children experience the timetable.

- Set aside time for work and time to attend to your children's need to spend a little quality time with you.
- Ask them regularly for their input. Be open, be flexible, listen. And expect the same from them, taking into account their level of development.
- Explain that people get tired

physically and emotionally and that we all need to spend time on our own from time to time to help us “recharge our batteries”. Tell them that, of course, this does not mean that you do not love them.

– *Professor Kobus Maree, professor in the faculty of education, University of Pretoria*



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