

Mom, You Could Sure Use a Play-Date

You deserve it!



Kids can sense when a parent is stressed out, worn out, or freaking out. (And they don't deny that kids themselves often cause the problem.) At times, they believe Mom's tension is contagious, spreading a foul mood across the entire family. Thus, if Mom's in good spirits, life at home is oh so sweet. Therefore, driven by both kindness and selfishness, kids want Mom to unwind!

By ANDY SHEN, with input from hundreds of kids

Comments from Kids



Nessa, 14

“Grandma said you were a *party girl* in the old days. Go ahead, dust off your dancing shoes!” **Nessa, 14**

“If you have a little fun once in a while, maybe you'll be more relaxed every day.” **Landon, 13**

“I can tell you've been stressin' a lot lately, at work. It shows.” **Elizabeth, 12**

“You schedule exercise and play for me every day. It's only fair if you get some play time now & then.” **Max, 10**

“You always say *"Go out and get some fresh air!"* Well, now it's your turn.” **Gavin, 11**

✔ Play-Date Tips 4 Moms

- Bring along a favorite pal.
- Hiking? Biking? Shopping? **You** decide.
- Treat yourself to a little snack. Chocolate works.
- Don't stress about us back at home.
- No laptop! -- **Matt, 14**

Don't worry. We'll hold down the fort.



Learn more!

Visit TipsFromKids.com/43 for helpful links and discussion tips for stressed Moms & kids.

help your adult today

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